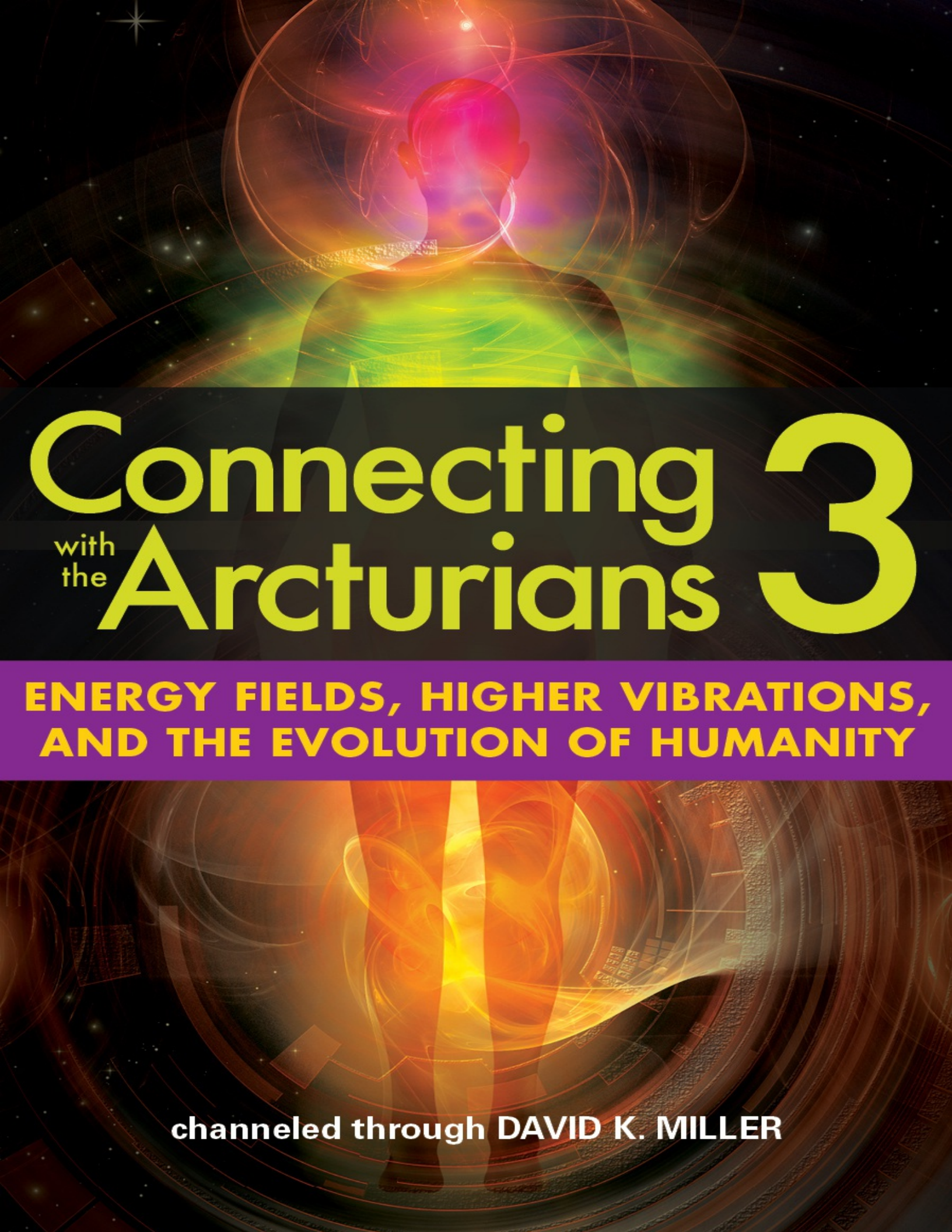
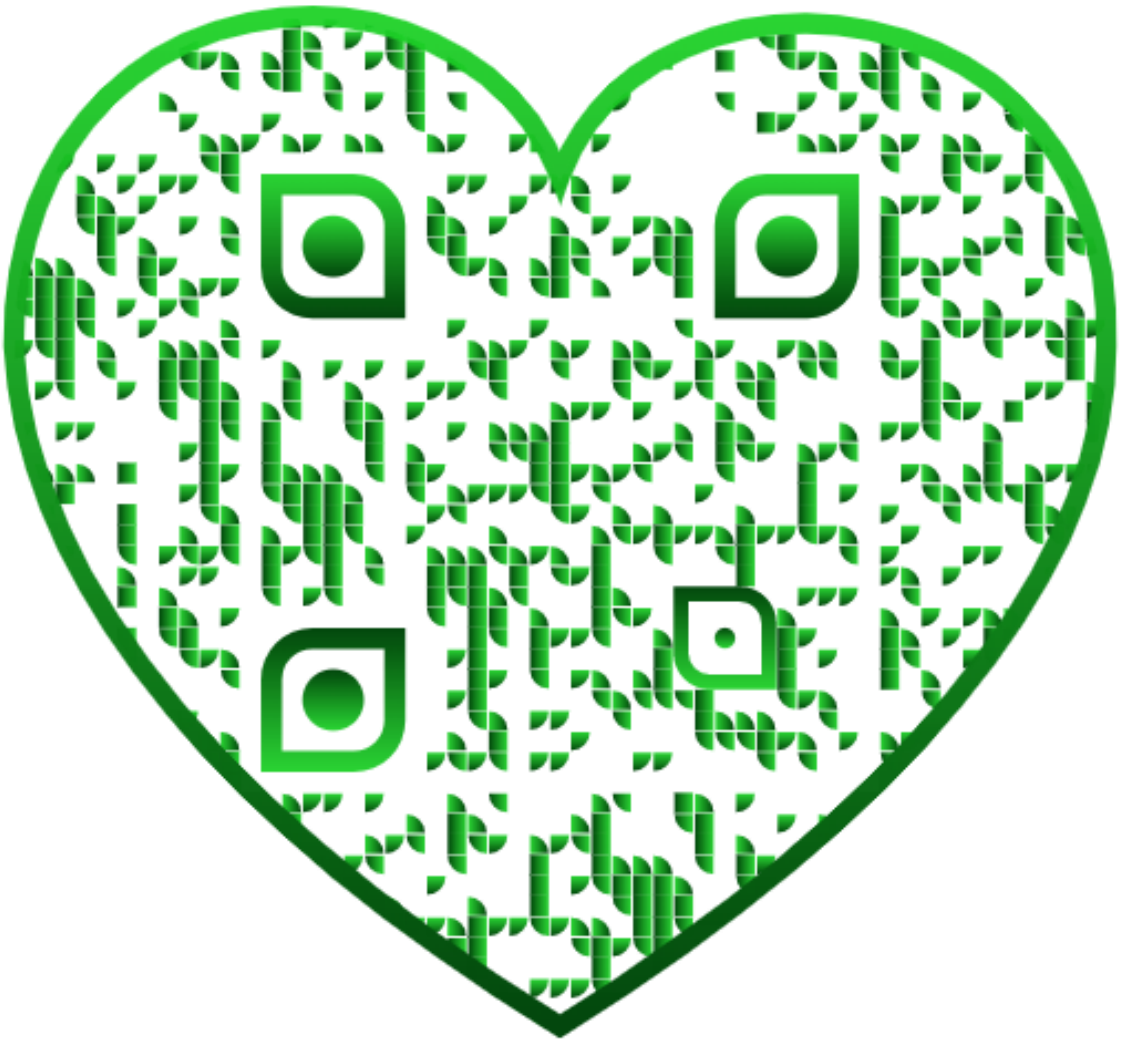


Connecting with the Arcturians 3

ENERGY FIELDS, HIGHER VIBRATIONS, AND THE EVOLUTION OF HUMANITY

channeled through DAVID K. MILLER



Connecting with the Arcturians 3

ENERGY FIELDS, HIGHER VIBRATIONS, AND THE EVOLUTION OF HUMANITY

channeled through

David K. Miller

About the Book

The themes of this book focus on the evolution of humanity, the next stage of our planetary development, the planetary crisis in general, and how we, as spiritual lightworkers and starseeds, can prepare for our future and for the ascension. We look at the relationships between such complex subjects as quantum physics and spirituality and New Age physics to learn how that relates to the higher dimensions and healing techniques that use new terminology such as “quantum healing” and “omega light.”

The Arcturians gladly integrate physics with spirituality. Ascension is the transmutation of the physical body into the fifth dimension, completing Earth’s incarnational cycles. They report that the ascension is open to all seekers of higher spiritual truth, especially those who are open to cosmic spirituality. There is also an extensive glossary to help the reader.

Overall, their messages are hopeful, helpful, and healing. The healings provided through their thinking are relevant personally and planetarily.

About the Author

David K. Miller is the director and founder of an international meditation group focused on personal and planetary healing. He has been the director of this global healing group, called the Group of Forty, for more than fifteen years. David has been developing groundbreaking global healing techniques using group consciousness to help heal areas of Earth that need balance, restoration, and harmony. The technique he uses with his group work is called Biorelativity, which uses group consciousness work to restore Earth's feedback loop system, a complex planetary system that maintains the correct balance of our planet's atmosphere, ocean currents, and weather patterns.

David's meditation group has more than 1,200 members worldwide. In addition to his lectures and workshops, David is also a prolific author, having written fifteen books and numerous articles on Earth healing techniques. Several of his books also have been published in German and Spanish.

David works with his wife, Gudrun Miller, who is a psychotherapist and visionary artist. Together they have conducted workshops in Brazil, Germany, Australia, Mexico, Argentina, Costa Rica, Spain, New Zealand, Belgium, and Turkey. David's foundation for this work lies in his study and connection to Native American teachings and his intense research in mysticism, including the Kabbalah. He also has an avid interest in astronomy and Earth's relationship to the galaxy. To learn more, go to GroupofForty.com.

Table of Contents

About the Book
About the Author
Other Books by David K. Miller
Other eBooks from Light Technology Publishing

Dedication

Preface
David K. Miller
My Spiritual Background
Hope and Healing

Acknowledgments

CHAPTER 1
The New Paradigm Calls for a New Human
Juliano and the Arcturians
Paradigms and States of Consciousness
The New Paradigm Requires Higher Consciousness
The Human Subconscious and the Noosphere
The New Human

CHAPTER 2
One Thought Created a Universe
Juliano and the Arcturians
Unity Thinking Can Create a New Reality
Omega-Point Visualization
The Highest Point of Evolution

CHAPTER 3
A Powerful New Tool for Ascension
Juliano and the Arcturians

Visualize Your Ascension
The Intersection of Dimensions

CHAPTER 4
The Three Sides of the Sacred Triangle
Juliano and the Arcturians
Earth Is Intersecting the Fifth Dimension
Cosmic Karma
Galactic Spirituality
Earth as a Living Organism
Mystical Thought and Energy Work

CHAPTER 5
Planetary Cities of Light in the Third and Fifth Dimensions
Juliano and the Arcturians
The Fifth-Dimensional Body
Shangri-la
The Just Society
Bring Fifth-Dimensional Form to the Third-Dimensional World
Manifest a Brighter Future

CHAPTER 6
Use Neutralization for Personal and Planetary Healing
Juliano and the Arcturians
When Balance and Compassion No Longer Work
Practice Neutralization
Use Pung Energy for Resiliency

CHAPTER 7
High Consciousness Is the Next Step in Human Evolution
Juliano and the Arcturians
The Hundredth Monkey Effect and the Evolution of Consciousness
Crisis Brings Change
Remove Your Blinders

CHAPTER 8
Work with Your Aura
Juliano and the Arcturians
Aura Expansion Exercise
Protect and Enhance Your Pung
Increase Your Aura's Pulse to Remove Attachments
Shimmering
Crystal Lake Exercise
Ascension and Aura Work
Exercise to Open Your Chakras
You Can Expand and Contract Your Aura

CHAPTER 9
Use the Codes of Ascension to Achieve Higher Consciousness
Juliano and the Arcturians
Unlock Soul Memory to Heal Traumas
Earth Needs Fifth-Dimensional Teachers
Outside Influences
Purify the Collective Unconscious by Unlocking Ascension Codes

CHAPTER 10
Fifth-Dimensional Ascension Strategies
Juliano, the Arcturians, Archangel Michael, and Sananda
The Stargate
Special Phrases to Unlock Your Ascension Codes from Archangel Michael
Sananda Recommends Joining a Spiritual Group

CHAPTER 11
The Importance of Sacred Spaces
Juliano and the Arcturians
The Damage Can Be Repaired

CHAPTER 12

Use Thought Constellations to Manifest
Juliano and the Arcturians
- Manifest with a Constellation of Thoughts
- Thought Constellations to Purify Earth
- Omega Human Meditation
- Thought Constellation for Earth Healing

CHAPTER 13
The Reset and Global First Contact
Juliano and the Arcturians
- Earth's Reset
- Types of First Contact
- Requirements for Global First Contact
- First Contact and Messianic Energy
- First-Contact Mediation

CHAPTER 14
Arcturian Group Thought Fields
Juliano and the Arcturians
- Tap Into Universal Thought Form Energy
- Earth's Arcturian Thought Field Transcends 3D Limitations
- Crystal Lake Healing Work
- Crystal Lake Exercise

CHAPTER 15
Prepare for the Intersection of the Dimensions
Juliano and the Arcturians
- The Third Dimension Is a Glimpse into Creator's Mind
- Opportunity Lies in Dimensional Interaction
- The Fifth Dimension Compares to Sunlight
- Effects of the Intersection
- The Ascended Masters Will Direct Light Energy to the Proper Places
- Meditation for the Light from the Intersection

CHAPTER 16
Assist Earth's Ascension
Juliano and the Arcturians
- The Sphere of Influence
- Higher Consciousness
- Earth Aura Exercise

CHAPTER 17
The Importance of Spiritual Calibration
Juliano and the Arcturians
- Ocean Reserves of Light
- Necessary Calibrations for Spiritual Light and Energy
- Spiritual Earth
- Fear of Losing Individuality
- The Multidimensional Self
- Open to Galactic Spirituality

CHAPTER 18
Sacred Healing Sounds and Vibrations
Juliano, the Arcturians, and Archangel Metatron
- The Psychology of Sound Healing
- The Sacred Sounds of Sacred Language
- Sound Meditation
- Archangel Michael Speaks on Unity

CHAPTER 19
About the Arcturian Planetary Tree of Life
Juliano and the Arcturians
- The Upper Triad
- Hidden Knowledge
- Loving Kindness and Judgment
- The New, Just Society
- Shimmering and Balance
- Path Work on the Tree of Life

CHAPTER 20
New Spiritual Tools for Ascension
Juliano and the Arcturians
The Struggle Between Freedom and Restriction
Messianic Intervention Is Miraculous
As Above, So Below
Stargate to the Fifth Dimension

CHAPTER 21
Ritual Purification and Shimmering
Juliano and the Arcturians
Purification through Shimmering
Shimmering for Personal Healing
Archangel Metatron Speaks on the Purification Ritual

CHAPTER 22
Quantum Healing
Juliano and the Arcturians
Quantum Healing Energy Field

CHAPTER 23
Galactic Spirituality Expands Your Perspective
Juliano, the Arcturians, and Chief Buffalo Heart
There Is No Boundary
Understand Who You Have Been
How to Work with Your Future Self
Chief Buffalo Heart Speaks on Helping Mother Earth Ascend

CHAPTER 24
Prepare for the New Earth
Juliano and the Arcturians
See the Entire Picture
Old Beliefs Systems Are Crashing
New Earth Is Waiting

APPENDIX A
The Ring of Ascension Meditation
Juliano and the Arcturians

APPENDIX B
The Importance of Temple Work
Tomar
Thought-Field Meditation on the Go
Help Heal Planet Eearth

Glossary

Preface

David K. Miller

I have received information and direct messages from the Arcturians for more than twenty-two years. As a result of this powerful connection, I have channeled more than 15 books, written over 200 articles, and led more than 50 international workshops on themes related to the Arcturians.

This book is based primarily on lectures and information I channeled during 2017 from my Arcturian guide, Juliano. The themes of these timely lectures focus on the evolution of humanity, the next stage of our planetary development, the planetary crisis in general (including the sixth mass extinction), and how we, as spiritual lightworkers and starseeds, can prepare for our future and for the ascension. Each of these subjects could easily be an entire book, especially when we look at the relationships between such complex subjects as quantum physics and spirituality. There are frequent references in this book to New Age physics to learn how that relates to the higher dimensions and healing techniques. For example, Juliano often uses terminology such as “quantum healing” and “omega light.”

A few of the subjects in this book have been discussed and explained in some of my earlier books. However, due to the complexity of the subjects, these themes deserve to be revisited in a deeper way and explored in new perspectives. Therefore, even though the themes may be similar, newer information and clearer explanations have been added. The new information hopefully provides insights into such themes as quantum healing, ascension, and astral traveling. I ask the readers’ understanding in this matter because any repetition is intended to provide greater clarity on complex spiritual subjects.

As for subjects related to astrophysics, quantum physics, and cosmology,

as well as theological issues related to the end times, these channelings come from the Arcturians' fifth-dimensional, galactic perspective. The Arcturians are a sophisticated species that are far more developed than humanity. Their development includes advancements in science, theology, and cosmology. Unlike many of Earth's scientists, the Arcturians gladly integrate physics with spirituality. Theologically, this book at times addresses the issue of astrophysics and the end time. With our soul advancement, the concept of graduating from Earth and ascending becomes more important.

"Ascension" is a term that describes the transmutation of the physical body into the fifth dimension, completing Earth's incarnational cycles. This ascension experience was described in greater detail in the Hebrew Bible, specifically through the experiences of Elijah and Enoch. Arcturians correlate the ascension process to the end times, and they report that the ascension is open to all who seek higher spiritual truth, especially those who are open to cosmic spirituality.

Some information in this book may be highly mental. The book deals with other interesting but complex subjects as outlined, as well as information on soul psychology, etheric crystals, and personal healings. When possible, the Arcturians have tried to offer detailed explanations of these concepts. I have also added an extensive glossary to help the reader. I have explored these themes with the hope of helping you have a greater understanding of the Arcturian perspective on spiritual work. However, I will not try to water down the channelings in any way, even if it seems they are dealing with rather complex subjects. Of course, some of these theological themes — such as the end times, the ascension of the soul from Earth, and the study of creation — require scientific explanations and insights.

My Spiritual Background

It would only be fair to inform you that my spiritual background is based on the Kabballah, which is the advanced form of Jewish mysticism. Some religious and mystical scholars have said that the Kabballah is the basis of all Western mysticism. This includes such concepts as the Rosicrucians, tarot cards, the Golden Dawn, and even the work of the famous Russian psychic Madam Blavatsky.

I use the Arcturian interpretations and expansions of Kabbalistic concepts. The main Kabbalistic concept I explore is based on the Tree of Life. This

book is not focused on the traditional Kabbalistic Tree of Life. For that Kabbalistic perspective, I suggest more traditional Jewish Kabbalistic authors such as Gerschom Scholem or Aryeh Kaplan.

The Arcturians offer a galactic and nontraditional interpretation of the Kabbalistic Tree of Life specifically designed for planetary healing; therefore, this Tree of Life is referred to as the Arcturian Planetary Tree of Life. The Tree of Life in general represents the foundational teachings about how the mind of the Creator works and how we can adopt these Kabbalistic paradigms for personal and planetary development.

Two additional spheres, or energies, in the Arcturian Planetary Tree of Life are adopted over the traditional one. Most important, this Planetary Tree of Life is explained as a method for planetary healing. The concepts and relationships of these spheres and emanations are interpreted to help heal the imbalances on planet Earth. The goal is to provide new backgrounds and insights in planetary healing.

Another new concept is that the Arcturian Planetary Tree of Life offers geographical locations for each energy sphere. This is certainly an unorthodox method, and to my knowledge, this has never been attempted in traditional Kabbalistic thinking. To help you understand these concepts, I have provided a diagram and some in-depth definitions of the twelve spheres. I hope this will help you overcome difficulty in understanding the relationship between the geographical locations, sacred spaces, and the Arcturian Planetary Tree of Life.

Hope and Healing

There are two other important concepts related to the Arcturian Planetary Tree of Life. One is the planetary cities of light, an important concept related to defining and creating sacred cities around the planet. This is a planetary balancing and healing method that the Arcturians taught us. I have been working to manifest planetary cities of light on Earth. This work has been created through the healing techniques with our meditation group — the Group of Forty, which my wife, Gudrun, and I cofounded. We have more than 750 members around the world, and at the time of this writing, we have approximately forty-five planetary cities of light.

Another important concept mentioned in this book is the Sacred Triangle. This concept unifies three spiritual traditions: the mystical traditions of all

religions, galactic spirituality, and Native American (or First Nation) teachings.

One final point about the grammar and syntax of this book: Channeling is often referred to as automatic speaking; therefore the original lectures in this book are based on speaking structures as opposed to written structures. However, all these channeled lectures were extensively edited to develop better sentence structure and grammar. At the same time, I have endeavored to preserve the raw speaking sound, tone, and feeling in each lecture.

Frequently, many of these lectures contain sound transliterations to describe the singing of the tones I channel during the lectures. Unfortunately, there is no accurate way to reproduce in written form the powerful tones and the effects. Some of these tones are also in classical Hebrew form, and this comes from some of my earlier training in biblical Hebrew.

I hope these explanations will prepare you for the new adventure of delving into the thoughts and perspectives of the Arcturians. The Arcturians provide a unique and simple approach to our present Earth crisis, and I find that, overall, their messages are hopeful, helpful, and healing. The healings provided through their thinking are relevant personally and planetarily.

Acknowledgments

I wish to thank Birgit Smothers for her excellent work in transcribing and editing the text. I also wish to thank Bill Spuhler, who helped in editing many of these lectures, and Kristine Brenner, who contributed introductory information on the Arcturian Planetary Tree of Life.

I want to acknowledge my wife and cofounder of the Group of Forty, Gudrun R. Miller, for her support. Finally, I wish to thank all the Group of Forty members who are part of the Arcturian starseed planetary healing group that Gudrun and I lead.

Chapter 1

The New Paradigm Calls for a New Human

Juliano and the Arcturians

We are nearing five years beyond the 2012 alignment. The energy released and directed toward planet Earth has caused awakenings and shifts in consciousness. It also has caused confusion because people are unable to adjust to the new paradigm that comes with such a high-energy download.

Many people still operate under the old paradigm, which can be compared to earlier computers. Earlier computers, such as the Commodore 64, were amazing in their time and provided fantastic upgrades to calculating and other unpleasant and time-consuming tasks. Now you are in an advanced computer age. If you are running an old computer (or an old paradigm), then you will not be able to process and keep up with the dramatic changes. If you are using an old paradigm, your processor (your mind) isn't able to compute and calculate fast enough to keep up with all the events occurring. The significance of those events won't be clear to you. You will not be able to make decisions on the information you receive because you do not have the proper integration for all the variables.

It is not good to make planetary decisions with insufficient data. Believe me, the numerous events and the corresponding data they generate now are overwhelming even for starseeds! The events politically, economically, and socially occurring in the biosphere are so numerous that a gigantic computer with a highly advanced processing unit would still have difficulty analyzing them to make adjustments and predictions.

A new paradigm is needed. New processors and advanced data analysis are required to make sense of what you are experiencing on Earth. Primarily, I am referring to your understanding of events from the mind's point of view, your mental ability to process events.

We know about the four bodies: mental, spiritual, emotional, and physical. These are often referred to in the Kabbalah as the four worlds. The mental body is important. The mental body of the Creator produced the thought that started creation, so the word that started creation actually came after the first thought. Therefore, how your mind functions, analyzes, and makes sense of this world is important.

Paradigms and States of Consciousness

States of consciousness can be either low or high. There is even a state of consciousness in which you realize that what you thought was good and bad doesn't make a difference anymore. This state is usually characterized by statements such as, "All is as it should be. Everything is in divine order." From that higher state of consciousness, you are not bothered by what is happening because you know that everything is as it should be. You realize that a divine plan is unfolding and leading to a higher order.

There are various natural and artificial ways to reach such a state of consciousness. For example, getting drunk is an artificial method. In that state, you might not care about pain or issues that concern you in your normal state. There are also drug-induced states of consciousness, such as when you work with some shamans. There also are very complex and difficult meditations that produce a higher state of consciousness.

There is great truth in the perception that all is as it should be, but it is only a temporary state. When you come back from an altered state of consciousness to the third dimension, you might feel a sense of hopelessness. For example, from the third-dimensional perspective, you would have great difficulty witnessing animal or human suffering. It is hard to say that all is as it should be, especially when the pain and suffering you see on the planet is not acceptable to your heart.

Then you have a paradox: All is as it should be from the higher perspective, but in the third-dimensional perspective, the situation has to change. How are you to deal with this? That's why we are working with you to develop a new paradigm and to try to put everything into the right

perspective. Part of this process is relying on your ability to use the correct mental perspective. Again, the mental body is the highest form and is the first of the four worlds.

Wisdom is part of the mind and includes higher understanding. You need to make the connection between what you intuitively know and understand so that you can implement changes on the third dimension. For example, people who smoke might intuitively know that cigarettes are bad for their health and that smoke pollutes their lungs. They might even understand that cigarette smoke causes cell damage. But the final piece is to stop smoking. The person has to put it all together and make that decision, and that last step is the most crucial. This is where many people fail. They lack the ability to implement what they know.

Why is it that people who seem knowledgeable and intelligent can't put it together? I am sure you've asked that question in regard to how people treat the environment. Wisdom tells you that polluting is bad for the biosphere and for life. There is scientific evidence of that. I am sure that everyone has seen the dramatic statistics of children dying from asthma in industrialized countries. But there is still no will to stop pollution. Why is pollution-free industry not implemented around the planet?

The New Paradigm Requires Higher Consciousness

The middle self is the part of you that wants to rise above the animal self and do good things. The middle self also tries to rise above self-centeredness and narcissism. It wants to be of service to humanity — an important aspect for the ascension. Service is a way to overcome some of the negative karma you accumulated in other lifetimes. And those of you doing service in any way are eligible for phenomenal grace. In this highly accelerated period, the opportunities for service and grace are tremendous.

Many of those in power on this planet and those who support destroying and damaging the planet are using animal consciousness. They are coming from the lower self, which wants self-satisfaction. The majority of humanity is connected to the animal consciousness but trying to evolve a step above that. There are those who are intelligent and seem to have understanding and wisdom but lack the ability to make the connection so that they can manifest

and change. They too are dominated by their animal selves. There is only a small percentage of starseeds and ethically and spiritually minded people on this planet who are trying to rise above the animal self.

Let us take a moment to meditate on the difference between the animal self and the higher self because you still have your animal self, so you still have to respond to it. You cannot say, “I don’t have that animal self.” To say that is a denial of reality; however, you choose to expand your consciousness to the middle and higher selves.

Affirm: “I am connecting now to my higher self.” When you connect to your higher self, you can implement the wisdom and understanding you have attained. You can make the connection to improve your manifestation. I used the example of the cigarette smoker who has the knowledge that smoking is damaging. The smoker has the scientific knowledge about the damaging effects of smoking. When he or she connects with the higher self, he or she can learn, connect, and implement the necessary change.

So again, meditate with this affirmation: “I am now connecting to my higher self.” [Chants] “Oooohhhh, oooohhhh.” Remember, you’re not blocking your animal self; you are simply focusing on your higher self. You still need your animal self. Say a blessing before you eat, and that will raise the vibration of eating and of the animal self.

You might say, “Well, everyone contributes to the destruction of this planet. Everyone drives a car. Everyone eats. Some people, of course, are vegetarians, but even vegetarian food has to be brought to the store, and people use gasoline engines to deliver it. So everyone has a part.” Of course, there is some truth to this view. But you can still raise the vibration of your activities by blessing or devoting the energies that you are using for the survival of your self. You are then using higher energy to promote the higher self.

The Human Subconscious and the Noosphere

One principle of human subconscious is that whatever is input is received and manifested. The subconscious does not generally differentiate between the types of input it receives. The subconscious can be compared to a computer. Computer scientists often joke, “Garbage in, garbage out.” If you input bad information, you will get bad results. The memory chips in the computer do not differentiate good or bad data. The human subconscious

operates on that same principle.

Safeguards from the higher self, incidentally, affect the subconscious. When you go beyond the animal self, you develop your mental body. You soon learn that what you think and believe can change your subconscious. There are ways to use affirmations, belief systems, self-talk, and other visual methods to communicate positive input into your subconscious, and you do that knowing the subconscious will manifest the new input.

There are restrictions and limitations to the abilities of your subconscious. For example, you might use the affirmation, "I'm going to be a millionaire. I'm going to have $500 million." And you could say that affirmation 20,000 times. You might not (and probably won't) get that result. The reason is that there are guidelines on how to use your subconscious to manifest in this reality. You came to this planet to learn the proper lessons and technique of manifestation on the third dimension. Instead of saying, "I'm going to have $500 million," you might say, "I'm going to have everything I need to make my life happy, healthy, and satisfactory." That is real wealth, anyway. Real wealth is not having money; real wealth is being happy and satisfied and getting what you need to continue to live in a healthy and comfortable way.

Some people believe that suffering is part of life. On a karmic basis, people who are out of balance in one lifetime and become overly rich and luxuriant sometimes have to come back to lead a more Spartan and spiritual life. But for most of you, that's not the case.

The planetary noosphere operates on similar principles to the subconscious. What is amazing and more beautiful is that as the human species evolves, you learn more about your conscious mind and how it directly influences the subconscious.

The planetary noosphere is the collection of all thoughts, events, and energy that have occurred on this planet since the beginning. It is an energy field that can be compared to the mental energy field. The planetary noosphere has recorded and experienced all events, including the different extinctions that have occurred. The noosphere even recorded the times when Earth had a very tropical climate and when it was struck by asteroids. There was a time when Earth was in danger because Atlantean scientists conducted experiments that led to the destruction of an entire continent. All these events are recorded in the noosphere.

The planet has a consciousness, and it self-regulates to achieve balance. What is different now is that an opening has occurred for humanity. This

opening allows humanity to learn to direct the planetary evolution and the noosphere. There are several important laws about the noosphere:

- It interacts with the human consciousness, the collective unconscious, and the human subconscious.
- Humankind is now part of Earth's noosphere.
- Earth's noosphere oversees and controls the evolution of all species on the planet. This occurs through various techniques, including images in the noosphere and collective data on what needs to occur to make the necessary judgments.
- The planetary noosphere is also connected to the galactic noosphere and galactic consciousness.
- Some of the paradigms and higher thought forms about creatures, plants, and animals have been downloaded into the noosphere from higher galactic sources. The alignment with the Central Sun created an opening in which new images, paradigms, thought forms, and evolutionary possibilities have been downloaded into the noosphere. These ideas are ready to manifest with the proper input and ability to implement them through special planetary healing techniques.
- Those with higher arcan, or thought power, can have a stronger influence on the noosphere, which helps to create higher evolution and higher manifestation. The great prophets who strongly influenced humans demonstrated this. They were not talking about integrating the planetary noosphere with the human consciousness. This integration is the next level of human evolution. The next paradigm and the new prototype of humanity are contained in Earth's noosphere.
- The higher prototype of humanity will manifest when humanity interacts with the planetary noosphere. The paradigm for that next stage of evolution has to include an interaction with the planetary consciousness and the planetary noosphere. This has a lot of ramifications. Earth is your mother. Earth is the starting point for your ascension and your springboard into the higher realms. Your evolution is interrelated with Earth's noosphere.
- You can more positively and powerfully influence Earth during sacred times (holidays) and at sacred places. When you go to sacred places, use sacred energy, such as from crystals. This will increase your ability to affect the noosphere. You can even unite in ceremonies with other

spiritual groups at those times.

Let's return to the comparison of the planetary noosphere to the subconscious. One rule to change behavior is to change the affirmations, commands, or directions that go into the subconscious. We found that these commands or affirmations must be said in a certain way. For example, when sending affirmations to the subconscious, we might say, "If it's in the highest good, please let as much wealth come to me as possible so that I can live and have all my needs met." Notice we add "if it's in the highest good." When you place affirmations in the noosphere, use words such as those. You might connect your affirmation to the ring of ascension to intensify your arcan power.

Another thing we know about the human subconscious is that images are often more powerful than words. This means that placing pleasant and balanced images in your subconscious can be effective in helping you manifest what you want in your earthly life. If you want a new house, visualize yourself smiling and happy in a comfortable house. Seeing yourself in a very comfortable house is a good image to download into your subconscious. For planetary healing, picture the Shangri-la-type planetary cities of light and pristine, clear planetary ocean reserves of light around the world. Those images, then, can be downloaded into the noosphere.

The New Human

Equally important to raise consciousness is to download the new image of the next stage of evolution of humanity, the new human. The new human lives from the higher self, not from the animal self. The new human lives in harmony with the planet and balances all planetary energies. We see this as the new evolutionary stage.

How many different human species have been on this planet? I could not name them all, but you've heard of Australopithecus, Neanderthal, and Cro-Magnon. Now we're moving toward a new human beyond *Homo sapiens*. I love the word "starseed." It is a descriptive word that could fit the next prototype.

Let us focus on the prototype of this higher being, this new human that has the starseed consciousness. This starseed consciousness naturally includes the galactic energies and the awareness and knowledge of other lifetimes on this

planet. The starseed has the ability of expanded consciousness that can go beyond the animal self to the higher self. The new human can live in harmonic balance, interact with the noosphere, and understand and receive the higher energetic downloads from the Central Sun, which contain the prototypes for the new human.

Let us now meditate to visualize the new human. As you meditate, you may have trouble imagining the next evolutionary stage. I recommend using the image of Sananda or P'taah or any ascended master you are comfortable with. Each great ascended master is trying to upgrade the human prototype to facilitate going to the next evolutionary state.

The idea of the new human must be held in high imagery in Earth's noosphere. You, with the ascended masters, are inputting the next prototype for the new human. Expanded consciousness is the next stage. You and I must help download that prototype into the noosphere and your subconscious. You want to manifest and be part of a new prototype. With expanded consciousness come greater psychic powers, healing abilities, and powers of manifestation. All the ascended masters have great abilities to manifest on the third dimension. [Chants] "Oooohhhh."

May the light shine within you, and may your thoughts be powerfully projected onto the noosphere and onto your subconscious using omega light. Let the omega light brilliantly and goldenly illuminate the image of the new prototype of humanity both in the noosphere and in your subconscious.

This is a powerful connection and healing exercise.

Chapter 2

One Thought Created a Universe

Juliano and the Arcturians

Let’s explore a concept related to biorelativity, a technique we’ve named noorelativity. Biorelativity is the ability to communicate telepathically with Earth’s spirit to create changes in the feedback loop system. This helps to keep the various forces in alignment for humankind’s and the planet’s benefit.

Noorelativity is a technique based on the concept of the noosphere — the collective thought-field energy around this planet contained in Earth’s energy field. It is the ability to interact and turn the noosphere to a positive direction. Noorelativity is similar to biorelativity. The difference is that in noorelativity, you use your arcan powers of thought energy to create and enhance the evolution of both planet Earth and humanity.

To understand the noosphere, you have to understand the concept of thought fields and the idea of vibrational energy. People have referred to the illusion of the third dimension as maya, which is Hindu for “veil.” When you look at a table in the third dimension, it appears solid. People look solid. Even Earth looks solid. This illusion is known as the veil. In reality, everything vibrates.

You have a perceptual valve known as the reticular activating system in your brain that helps you see the world as solid. This valve has various levels of being open or closed. In the operation of normal life, the valve is closed, and you do not see the vibrational reality that exists. When it is opened wider, you can experience the vibrational world of energy. You can see people’s energy fields, the vibrational speed of their auras, their thought fields, and

their emotions. In this experience, you can see a thought field around a person's head. The thought field is based on the accumulation of thought energies that you have in this lifetime and other lifetimes. This thought field also has different layers and characteristics.

For example, people of higher evolution — who have a connection with their higher selves — are able to bring higher thoughts into their thought fields. Thought fields are collective energy fields located around the aura that consist of the vibrational energy created by thoughts.

Unfortunately, at this time in your evolution, humans have not been able to create an accurate way of measuring the thought field. When your perceptual valve is open, you can see that thoughts are energy and that they have power that can only be described as quantum energy. Thoughts have the ability to create this reality. The Kaballah and other mystical religious texts note that the Divine first focused on a thought to create this universe, this reality. As a result, you are now experiencing the third dimension, which includes the physical reality of all that exits in this universe.

Some philosophers say that the first action began with the words, "Let there be light," which has been compared to the Big Bang. But scientists have asked about what existed before the Big Bang. Astro-astronomers and physicists know that the Big Bang existed. They know that it happened. But they don't know what banged or how it banged. The answer is the thought of the Divine, who spoke, "Let there be light." The Divine's thought set in motion all that is and created all that is experienced in this universe. This shows you the power of thought.

The noosphere — the collective thought field energy of this planet — controls and directs the evolution of all species, including the evolution of humanity. *Homo sapiens* will become another species that is more evolved. We have talked about the Neanderthal, the Cro-Magnon, and other hominids linked to the human evolutionary cycle. *Homo sapiens* are not the final product. The next step in humankind's evolutionary change will be directed by the noosphere.

It is truly amazing that because of your evolutionary possibilities, you are able to engage in higher thoughts and higher thinking. There is a lot of primitiveness in this dualistic, polarized planet, which is filled with wars, hatred, and jealousy. However, people are capable of higher thought forms than any other animal or plant. Because of this, humankind can contribute to their evolution. This is the first time in the history of this planet that one

species can affect the fate of every other species.

You might ask, “What will be the name of this higher species?” It is difficult to come up with a meaningful scientific term that scientists would agree on to call the next stage of *Homo sapiens*. Therefore, I have taken the liberty of naming them the fifth-dimensional starseed beings. Why did I choose this name? Because the next evolutionary stage of humanity needs the starseed consciousness for its expansion and evolution.

Starseed consciousness has the ability to grasp the understanding that life exists beyond this planet and dimension. It also includes the ability to connect with the needed fifth-dimensional energy and light.

The thought form power resides in the noosphere, or the thought field around the aura of this planet. There are ways that humans (which I often refer to as the Adam species) can influence the noosphere. You are familiar with some of these techniques, such as reciting powerful affirmations and using arcan energy to increase the power of your thoughts. Other techniques include using group power to send thought energy into the noosphere.

The ring of ascension also interacts with the noosphere. It is a halo of higher light that has special abilities to interact with ascended masters’ minds, thoughts, and energy. The development of the noosphere and the evolution of humanity through thought forms are coordinated with the ascended masters. The ring of ascension is also part of the noosphere. I have described the value of the ring of ascension concerning your personal work and planetary ascension. It provides a light source, a technology, for interacting with the noosphere.

Thought energy accumulates in fields you call constellations. You can see constellations when you view the stars at night. When you consider the scientific reality, there does not appear to be consistent shapes among the 5,000 stars that might be visible to the naked human eye, but through what can be called gestalt formation, the human mind has depicted animals and various other forms. Humans have created names for these configurations they have superimposed on these seeming unrelated stars so that the mind can recognize and interact with them. For example, when you look up at the night sky, you will see Boötes, which is the star system that holds our star Arcturus, as a distinct pattern, or constellation. Giving this pattern a name helps you relate to it energetically.

Interestingly, the stars in a constellation are not necessarily the same distance from Earth. Stars might be light-years away from each other.

Arcturus is thirty-six light-years away from Earth. Some stars in the Boötes constellation might be 200 or 300 light-years away. The reason they are seen together is that they appear to be a group formation from your perspective on Earth.

Star groups becoming constellations is a good model for understanding thought fields in the noosphere. Constellations become thought fields that affect human consciousness. These constellations have been given forms (Orion, Virgo, and the others in the zodiac), and their energy fields have accumulated over centuries or millennia. Thought forms create a perceptual field that shapes this reality. How does that happen? This is one of the mysteries of the third dimension and the multidimensional reality of the fifth dimension. It is one of the mysteries of creation: How is it that a thought can create a whole universe? The answer is not simple.

Thoughts and thought fields will change and evolve a planet. Thought fields are the highest light form of energy that exists in the universe. Thoughts are energetic vibrations, and thought fields have the ability to transcend space and time. Thoughts are multidimensional, and they have the ability to transcend lifetimes. You could even bring a thought field from one lifetime into the next. Some thoughts contain negative energy fields, and some contain positive. Some special thoughts are of the very highest forms.

Unity Thinking Can Create a New Reality

To explain how a third-dimensional thought form can change reality, I have to refer to the Kabbalah. There is a particular Kabbalistic meditation known as unity thinking. In Hebrew, it is referred to as *Yichud*. Yichud is the ability to create a thought form that unites the higher dimensions with the lower dimensions. This unity of thoughts repairs or heals the third-dimensional reality.

The Kabbalah relates unifying thought forms and repairing the third dimension with the name of the Divine. Ancient Kabbalists believed that by reciting and meditating on a powerful name of God, they could unite the third and fifth dimensions. This would help to rebalance Earth.

Yichud, or unity thinking, was a mystical practice by rabbis who were totally devoted to their prayers and meditations in holding this type of healing thought energy. They often referred to Yichud thinking as a special form of prayer. It was their belief that special people with higher mystical energy and

the ability to use sacred time and space could create a new reality that encompassed the higher light with the lower light on Earth and, therefore, create a new Earth.

This unity thinking can be used to create the next evolutionary step for humanity. You can use a thought constellation to unite this third-dimensional reality (which is now polarized and filled with dualistic conflict) with a higher and more balanced fifth-dimensional energy. Unity thinking can help create a new balance for the next stage of human evolution.

The French philosopher Pierre Teilhard de Chardin noted that humankind was evolving toward the omega point — divine unification. The omega point is a higher goal, a model for your evolutionary stage. How would we describe the next stage of evolution? We must have a model for this so that we can download and implement the correct thought forms to begin this evolutionary stage.

When I speak of the omega point in human evolution, I am looking at the outcome — the highest form that you as humanity can assume. How can we accelerate human evolution? One way is to create a model and use that model as a visualization to manifest in the third dimension. Some people have considered Jesus the prototype of the new human. This is an example of a being who was able to ascend. He was able to turn the other cheek, so to speak, and not be violent. He was able to be loving. Jesus was deeply connected with the Divine light, and he was able to take on and remove other people's karma and do many types of healings. He had many higher attributes that could be considered part of the new human.

Regarding the past self, the present self, and the future self, we have the holy phrases: "I Am That I Am" and "I Will Be That I Will Be." These phrases have many interpretations. From the perspective of evolution, these phrases imply that you can be what you will be. You have the ability to control your evolutionary process to the omega point. This means you have to look at time in a circular way, not in a linear way. With time as a circle, the past, the present, and the future selves interact. This means your highest point of evolution — collectively, the omega point — is already interacting with you. It is all up to you. You can bring down that future higher self, that higher model, to Earth.

I like the term "starseed." I like the model of the new fifth-dimensional human who has starseed consciousness, who is connected to the fifth dimension, and who knows how to transmute energy from the third

dimension into the fifth. The starseed knows how to be multidimensional, can transcend space and time, and then travel through corridors. The starseed can work with higher-dimensional beings, such as we Arcturians, and with the energy of the stargate (which is like a train station where one goes after graduating from Earth and going on into multidimensional incarnations on other planetary systems throughout the galaxy), the starseed is able to engage in unity thought forms.

Omega-Point Visualization

You have seen many pictures of ascended masters, and some depict very beautiful figures. In this exercise, I want you to project yourself as a perfected fifth-dimensional being at the omega point. As a multidimensional being, you will still, if you wish, be able to live in the third dimension. You can visualize and create a body that looks as evolved as you would like it to appear.

You will need to work with how you look energetically, including your aura. Is it in balance? Are there any holes in the aura? Are the holes sealed? How are the chakras? Are they open and spinning in the right vibration? Is there a multidimensional presence? Do you have a connection to your higher self?

The visualization of your highest omega-point self is now being created in your mind. Now download that form into the noosphere. Visualize a collective stream of consciousness directing the evolution of the Homo sapiens *species, and download your highest omega-point self into that stream. Visualize your highest evolutionary self at the omega point — your perfected self with the highest qualities — and download that image into the thought forms that create the noosphere of planet Earth. See yourself placing your higher self's image into the stream of evolution, which includes the Neanderthal, Cro-Magnon,* Homo sapiens*, and now the starseeds, moving up the ladder to perfected evolution. In this practice, you are directing the next stage of your evolution as a species.*

Remember, you are downloading this higher self into the noosphere. See this new evolutionary and developmental step with your perceptual valve open. When the perceptual valve is open, you see the truth and the effects of all your actions; you immediately experience the goodness or the evilness of your actions. With open perception, your behavior will change for the good.

Now visualize the perfected end stage, the omega point, of humanity.

The Highest Point of Evolution

In our discussions of the hundredth monkey effect, you learned that scientists concluded that a small number of monkeys who had a new perception (learned to use new tools and techniques) changed, dramatically and almost mystically, the behavior of all the other monkeys in their group. The hundredth monkey effect applies to this evolutionary process because the noosphere favors higher evolution. The noosphere encourages the higher form, a better form, of development. That better form becomes a model with a mystical power (perhaps we could call it a quantum power) to shift others in the group to evolve to the next level.

The highest point of evolution is called the omega point because when there is a group of beings in a species that reaches this point, then the others are pulled toward the higher state. Thoughts are the highest energy form, and emotionally, the highest vibration is love. Love is the highest emotional vibrational form, and when it unites, it brings you into perfect harmony. That is why we can say loving yourself is a very healing energy.

Love is a healing thought form and a healing emotional form. Even though our discussion separates thoughts and emotions, the reality is that they interact. We separate thoughts and emotions to explore their characteristics, but thoughts and emotions are always interacting.

There exists a thought energy field around Earth. There is a thought energy field, or noosphere, around the solar system. There is a noosphere around the galaxy. There is a noosphere around (what is called) the local galactic group, which is the cluster of galaxies that the Milky Way is part of. There is also a noosphere of the universe.

There have been cultures and mystics who have worked with the concept of the noosphere, such as Kabbalistic rabbis. There are examples of the Tibetan mystics who meditated in caves and on mountains while holding the thought form for the development of Earth and the third dimension. In fact, noorelativity shares many goals with biorelativity, such as trying to project a thought form of the highest point of Earth in which Earth reaches its omega point.

What would this planet look like if it moved into its highest evolutionary point? What would this solar system look like? What would this galaxy look

like? In fact, we are already beginning to form on Earth the interaction of galactic consciousness, and you are beginning to experience the noosphere of the galaxy. That was one of the main messages of the work with the Central Sun. One of the energies of the Central Sun was to create your awareness of galactic consciousness and contribute to the galactic noosphere.

The Tibetan monks and other groups, such as the Hopi, continue to work with holding these thought forms for the evolution of humanity and of Earth. It is our observation that Earth's situation has become too complex for the local groups to successfully hold the energy on their own. Therefore, a new group needs to unite, like the one we are working with now, to implement these evolutionary exercises.

Some of the concepts of biorelativity include repeating thought forms, repeating visualizations, singing to the etheric crystals using the ring of ascension, and meditating at different times around the planet. For example, you can participate in a global meditation in which a group does a visualization around the world. One group can start its meditation at 11am GMT, another group can start at 12pm GMT, then another group at 1pm GMT, and so on. You can also connect with global groups through computers and phones. There are many methods of working with the noosphere: visualizations, affirmations, chants, and medicine wheels.

You can also go to power spots with large groups. For example, Stonehenge is a powerful sacred place to do visualizations for noorelativity. The areas of the twelve etheric crystals and the seven ladders of ascension are also good points for doing noorelativity.

I send you my love and blessings at this time of duality and polarization. We are near the point when the omega light and energy are entering thought forms in the consciousness of the Adam species, and now you are able to participate in the stream of light to direct your evolution.

Chapter 3

A Powerful New Tool for Ascension

Juliano and the Arcturians

We want to speak about the world of creation and how this relates to the changes going on personally and planetarily. Let us look at the world of creation from the standpoint of the mental body. In fact, there are beings, such as in the Andromeda Galaxy, called the Blue People, who live only in the mental world. Some of you are connected to these advanced beings on a soul level.

The world of creation in your language is also expressed as the world of ideas and thoughts. To manifest, there must be an idea and an image behind it. Somebody must have an idea and a desire to create it. You know that creating a house requires a drawing or an architectural design. To build a house, you first have to hire an architect to draw the design, and then from that design, the house can be created. Then you need to buy the right materials and gather the right workers to build it. How does this relate to the tools of ascension and Earth's ascension? You are a part of the race of Adam, the Adam species. You have ideas and images that will unfold with the proper nurturing and inclination, including the codes of ascension.

One of the key factors in the evolution toward ascension is unlocking the codes of ascension. These high evolutionary processes are ingrained in your DNA, your neurological patterns, the deeper parts of the pineal gland, and the higher parts of your brains. The image and the idea of how you can evolve into a higher state of being is part of you. Earth was created with a program

for higher planetary evolvement. This higher planetary evolvement has the codes to move Earth into the fifth dimension. Earth has in its astral sphere of light the program, images, and codes for evolution into the fifth dimension. For a planet like Earth to evolve, it needs lightworkers.

You cannot fully ascend without the assistance of the ascended masters. The ascended masters have been the pioneers — the explorers of consciousness and evolution. There have been many lightworkers and ascended masters before you who have come to Earth. You are not the earliest Earth explorers of higher consciousness, evolution, and ascension. Other spiritual groups have made progress in the past. However, for one reason or another, these spiritual groups did not totally succeed. I'm referring specifically to the Lemurians, Atlanteans, high-level Egyptians, and some North American and Central American people, including the Maya.

There were high-consciousness beings among these civilizations who worked in a direct and admirable way toward their and the planet's ascension. Higher extraterrestrial beings have helped Earth many times. Higher extraterrestrial beings previously sought to assist in planetary and personal ascension. Why did these previous attempts fail, and what is different now? Well, the other attempts failed because they were not able to establish global participation. Even the Atlanteans and the Lemurians, who were very advanced, did not interact globally. The Egyptians were also very focused on the work with the Sirians and interdimensional corridors known as the Sirian planetary system, but they were not expanding into a global frontier. They didn't seem to have the will to develop a global network.

The high beings who worked with the Egyptians also came to Mesoamerica and South America. They worked with some of the earlier people in the edification of building sacred temples and sacred places. There was not a mass participation in the ascension work. The ascension did not occur at that time, but there were higher evolutionary developmental stages achieved. These achievements included direct participation of spiritual ceremonies at sacred temples. But there was misinterpretation and corruption of the higher teachings, and a mixture of lower-level extraterrestrial beings influenced the ceremonies.

We speak of a pure race, a pure Adam species. There has been some corruption and downloading of other energies from the extraterrestrial world. Now there is a new age of consciousness with more tools available for spiritual development than any other time on Earth. Also, there is history of

conflict and polarization on Earth, but there is also a long list of higher beings who have helped to prepare the way for your ascension and the ascension of the planet. You are not alone in your process of ascension; higher beings worked to prepare the way for you with teachings and lectures. They also placed ascension corridors throughout the planet. Many starseeds are discovering these areas around the planet.

Visualize Your Ascension

Earth's ascension requires a global group-energy work. A planet cannot ascend without a global unit of starseeds because it requires a special energy force. One new tool for the ascension is visualization. Visualization is the ability to imagine images in your mind, and it directly relates to the world of creation as well as the mental world. Structures, images, and ideas come forth first in the mental world.

The idea of going into the higher realms is represented in certain images. Many of you might not have well-developed powers of visualization and might feel a little bit disenchanted. Do not worry. I can make several suggestions.

You can do these visualization exercises with your eyes open. There are new visionary artists able to make representations of these ascension corridors and fifth-dimensional places. It is perfectly acceptable for you to use these artists' images in your meditations, even with your eyes open.

Visionary art is representative of the new interactions with the higher dimensions. We are in a new era of visionary art. Some modern art can be considered visionary. However, some modern art has become rather strange and macabre. Picasso's cubism and Salvador Dali's floating clocks are two examples of visionary art in the twentieth century.

These examples demonstrate the higher perceptual accomplishments opening up before you. Perhaps only a few of the visionary artists can bring these new insights to the planet, but that is sufficient because they can be transmitted instantaneously through the internet around the planet. Even if you cannot visualize these images in your meditations, you still can react and be dramatically affected by seeing visionary art. Visionary art is a huge necessity for planetary and personal ascension.

There are many new ways of working with the new visual insights from visionary artists, who are part of this new process of the world of creation.

One of the major tools of ascension is contained in visualizations. There is a higher oversoul that brings a spiritual influence to the process of ascension that includes visionary images. When you are doing planetary healing techniques, you are probably using visions. We have lectured on biorelativity and how you can use the image of the weather reporter's radar seen on television. The images of radio technology and radar have greatly transformed perceptions about weather patterns and storms.

How many people have seen satellite images of great hurricanes covering large areas of the planet? How many times have you seen the weather reporter on the evening news show a storm illustrated in red or purple, and you perceived it in a very violent and colorful way? Here again you can see the power of visualization.

When you are doing biorelativity work, this type of "television" visualization is extremely helpful in making your interventions more successful. On the TV radar, they show you the storm in motion. You are able to see it moving over certain areas. When you work to reduce the effect of a storm, you have a beautiful visual image on the radar. Using these radar images, you can easily visualize the storm dissipating. Remember, in a lot of the biorelativity work, we want to reduce rather than cease the intensity of the storm because there is a reason the storm has come.

There are also visual images that we can use in the ocean. One of the biggest issues in the ocean is contamination. A new visual technology of mapping the ocean may be coming to the forefront soon. Earth astronomers spend many hours mapping the galaxy. They have used a tremendous amount of advanced technology to measure ultraviolet and gamma rays, and you've probably seen beautiful pictures of stars' distribution, stardust, and cosmic clusters in the galaxy. There is going to be a time soon when they are going to be able to map areas of the oceans in similar detail with technologically advanced methods. With this new visual mapping imagery, people will be able to clearly see the ocean contamination and where the pure water is that doesn't have any plastic or other rubbish in it. These images of the ocean will be brought to the higher consciousness of the whole planet, and the imagery will help greatly toward cleaning them up.

Some of you have been waiting for this new planetary healing intervention. A visual image is very powerful. It is one of the great assets of the Adam species not found in the animal worlds. Some animals can understand some parts of language, behavior, and even movements that

people make. But visualization is an advanced feature of your brain. Look at how visualization has affected television and smartphones. If you showed pictures of these phones to primitive people who had not been exposed to electronic technology, they would have no idea what they were seeing. They would not know how to relate to these electronic images.

You have the ability to relate to electronic imagery. Visualization is key for ascension. This great tool of visualization is enhanced by the high level of visionary art already on planet Earth. Use a powerful image to engage in powerful meditations and energy transformation. First work with the image of the intersection of the dimensions. Focusing on these images and ideas adds to the arcan power that will help to create your reality. What image can there be in the intersection of dimensions? The universe has no definable shape; however, the galaxy that you're in has a shape. The Milky Way is known as the spiral galaxy.

A balloon can represent the holographic energy of the third dimension. Hold the image of an expanding balloon as the third dimension. Now see a second balloon expanding near it, which represents the fifth dimension. Visualize these two balloons interacting as they approach each other. They both have solid forms. There is a part of them that has transparent energy and the ability to interact. When they interact or intersect, there is a transfer of energy. Each balloon of each dimension is filled with a certain amount of light or energy. The higher light from the fifth-dimensional balloon has a greater power. It's higher light is able to transfer or download energy from the fifth-dimensional to the third-dimensional balloon. Thus, any type of dark force or lower energy in the third-dimensional balloon will give way, accept the higher light, and transform. This is the power of fifth-dimensional energy.

The Intersection of Dimensions

Another ascension tool is what I call special sensitivity. You are living in this galaxy, in this universe, with many energetic forces coming to Earth. There are neutrinos, gamma rays, x-rays, ultraviolet rays, radiation rays, ions, and different magnetic fields continually coming into Earth and striking you and your energy field. On a conscious level, you are not aware of it. The only way you are aware of highly charged electromagnetic energy from outer space is when you have a special detector, such as a Geiger counter, or a special camera with highly sensitive filters. Some of these very faint waves

have different requirements for perception.

In your current state of conceptual development on a global basis, humanity is not prepared to receive energy from the fifth dimension. When I say "humanity," I am referring to the general population. I am not referring to the lightworkers. Lightworkers have developed their sensitivity and special perceptual receivers for fifth-dimensional energy. "Normal" people will have no awareness or no concept of what you are experiencing or feeling. The type of energy sensitivity you have is so advanced that even you might have trouble describing it. But you know it's there. You receive high energy that affects you. Part of the lightworkers' mission is to interpret and explain their sensitivity and to explain what they are receiving and its usefulness.

Some of these discoveries, such as gamma rays or neutrino rays, have no bearing on everyday life. However, some discoveries that were made thirty or forty years ago are now being used in advanced computer technology. In the early twentieth century, nobody really had any idea of what usefulness the quantum energy field and quantum physics would have on the scientific or the technological evolution on the planet. Now there are "miracles" of magic involved in your advanced technology that are probably based on some of the earlier stuff discovered in the 1920s, 1930s, and 1940s. There was a lapse of forty or fifty years, maybe thirty years, in which the newer discoveries in the quantum world were applied. There is a desire to develop better communication technologies, and unfortunately, some of the newer technologies are being used for war.

We are in a period when the fifth-dimensional energy can be manifested. The intersection of the dimensions must be interpreted, explained, and shown to people. What a monumental task the lightworkers have on this planet! Use that image of the intersection of the dimensions now, and see yourself as having this great sensitivity. Maybe you're not the Hubble space telescope with gigantic mirrors pointed to outer space, but you are a receiver of light, and each of you has specific abilities.

Let's go into meditation using the image of the intersection of the two expanding balloons. See yourself sitting on the planet in the third dimension receiving fifth-dimensional energies. You are using your highly advanced energy field. [Chants:] "Oooooo." [Pauses for silence.]

Let's work with another image. See my starship Athena in the fifth dimension. Even though we are in another dimension, we are able to align our spaceship with Earth. Visualize this as the interacting balloons in

alignment with each other while in different dimensions. My starship is in the fifth dimension, but it comes into alignment with the third dimension. It comes into alignment with the special technologies that we, the Arcturians, have.

I can open up a corridor that allows you to travel up the corridor into my ship and experience the energy and the healing effect of being there through a special energy field without any disruption in your Earth body. It's similar to deep-sea diving in which you need oxygen and a special pressurized suit. When you board my spaceship, you need etheric protection. We pressurize your etheric energy field and work with your energy system so that you are not harmed.

You probably have considered traveling through the corridor as a fun experience but maybe not as an experience that has any specific healing or preparatory energy work. In fact, that's what's happening when you travel through the corridor. When you board our ship, you are prepared to enter the fifth dimension just as if you were entering the ocean in a diving suit. Your aura — your energy field — has been synchronized to experience the fifth dimension.

Visualize traveling through a corridor of light. The corridor of light is right over your home. Try to the best of your ability to experience the upliftment and preparation of your aura for the trip. As you visualize that, see yourself approaching the entranceway of the starship Athena. Visualize this to the best of your ability. [Pauses for silence.]

See yourself outside the starship Athena. See a huge disk-shaped spaceship that measures one mile in diameter. You step into a beautiful etheric entryway in your protective energy suit of etheric light that's totally pressurized for this fifth-dimensional experience. As you visualize this, see me, Juliano, there welcoming you at the entranceway.

I am a higher being of light. When you are around a high master, you are raised energetically. We are in total telepathic communication; you and your free will are totally intact. You are having a wonderful experience. You absorb much energy and light.

You leave my ship back through the corridor. As you travel back, you are depressurized and realigned for your Earth body. See yourself traveling through the corridor, but you're still aware of the ship and the energy of the ship. You come back into your home and into your physical body. You reenter your physical body in perfect alignment. You're in total balance, exhilarated.

Most importantly, your sensitivity as a receiver of light is now greatly enhanced.

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Earth astronomers have new telescopes and radio disks to receive the higher energy. Now you are an enhanced receiver of fifth-dimensional light, partly because you've been in the fifth dimension in this exercise and partly because you've already had these experiences in other lifetimes.

We can help you practice your visualizations using the ladders of ascension, the ring of ascension, and the twelve etheric crystals. These twelve etheric crystals can be visualized through the beautiful artwork and images that have already been created by some of the Group of Forty members. You can visualize the twelve etheric crystals interacting with the fifth dimension. These etheric crystals have direct links with the fifth-dimensional Earth. This is one of the beauties of these etheric crystals.

Chapter 4

The Three Sides of the Sacred Triangle

Juliano and the Arcturians

We gather here to create an energy field of higher vibrations and to join you in expanding your consciousness. You are participating in the next stage of human evolution, which includes higher and expanded consciousness. You are here on planet Earth at a transformational time. There is great polarization, and you are experiencing the sixth planetary period of extinction. This planet is going through a tremendous upheaval. The biosphere is in danger of collapsing, and the rate of environmental and plant- and animal-life destruction is rapidly increasing.

A different perspective is available about being on Earth now, and it is global. We call your planet the Blue Jewel because from outer space, your planet has a beautiful blueness that comes from the oceans. Planet Earth is a jewel.

Earth is filled with a biodiversity seldom seen in other parts of the galaxy. Other planetary systems in your galaxy have high life forms. We estimate that there are 5,000 planets that have civilizations of higher life forms. Some are more advanced than yours, and some are less advanced.

Other planets have gone through the stages of development that Earth is now going through. What stage of development is Earth in? You know you are in the midst of a conflict based on survival versus expansion. Earth has developed the technology for self-destruction. That technology also could allow Earth's inhabitants to leave the solar system and explore other

planetary systems. Traveling at the speed of light might seem impossible, but there are methods that can be used to cover great distances, including the folding of dimensional space. That technology is close to development on Earth. The propulsion systems that have been developed allow both space travel and the delivery of destruction.

We are not focusing only on these difficulties at this time of polarization because this is also a time of tremendous spiritual transformation on Earth. This spiritual transformation has to do with Earth's repair and the intersection of the third dimension with the fifth dimension. Much of the Arcturian teaching explains how to interact with the fifth dimension. We offer tools for ascending into the fifth dimension and for your spiritual development.

Earth Is Intersecting the Fifth Dimension

The third dimension is opening to the fifth dimension. This intersection is already being felt on Earth because fifth-dimensional ideas, thoughts, spiritual channelings, intuitions, and other forms of new energy are streaming to Earth and downloading into the planetary consciousness. Great scientists such as Albert Einstein contacted and received inspiration from the fifth dimension. Earth needs to interact with the fifth dimension to repair the planet, and you need to interact with the fifth dimension to bring Earth back in balance.

The rules and principles of the fifth dimension are different from those of the third dimension. For example, some people have compared our description of the fifth dimension to the Garden of Eden, a beautiful land with great harmony and balance. There are planets in this galaxy that have ascended and gone into the fifth dimension.

When we use the term "ascension," we mean that you go into the fifth dimension. By "ascending the planet" or "helping the planet to ascend," we mean that you are part of a process that brings the whole planet into the fifth dimension. There are obvious problems, because you do not want to bring people who are at a lower vibration into a higher dimension. People who are at a lower vibration cannot enter the fifth dimension. To ascend, you must have an open heart, compassion, and unity consciousness. You have to subdue your ego so that you are not self-centered.

There are great rewards in the fifth dimension. One is that you will no longer be stuck in Earth's incarnational cycle. You are on the third dimension

now, and when you die, you go back into the wheel of Earth karma, which means you come back in another lifetime. You incarnate at an appropriate time and place.

You have incarnated at this time and place to experience the spiritual freedom and opportunities available now. Believe me, you have great spiritual freedom. Some of your past lifetimes were not as fortunate. Some of you may have suffered for your views. Some of you may have even been derisively called witch, punished, or put to death for being a psychic.

Now each of you has the spiritual freedom to complete your karma and to graduate. Ascension is also called graduation because you do not need to go back to school. To graduate, you must complete certain lessons.

Cosmic Karma

Generally, advanced souls accept karma as only belonging to the Earth experiences. For example, you might have been a Roman soldier in ad 100. In a subsequent lifetime, you might have again come back as a soldier. You realized that it is not good to be in the military, and you changed your ways because you saw the harm that war does. This is a simple example of karma still connected to Earth.

Cosmic karma, on the other hand, says that your karmic interactions and paths involve Earth as well as planets in other parts of the galaxy. In cosmic karma, you might have had other lifetimes on the Pleiades, Arcturus, Antares, or Sirius. In cosmic karma, you could either stay on Earth to learn soul lessons or incarnate on other planets outside your solar system to have experiences and even to pay off karmic debts.

You might think of karma as paying for mistakes or bad behavior, but there is also, what you call, good karma that rewards life based on the service you provided others in previous lifetimes. Some of you have come to Earth now to provide service to humanity in the ascension process. We have worked with other planets whose beings are going through evolution and ascension. We developed a model showing how a planet can unite to positively influence and repair an out-of-balance planet.

Reality is created through thoughts. The third dimension, the system you are experiencing on Earth, is based on a thought form. We could analyze the thought forms that hold the Western civilization together. Some thought forms are amusing, and some are more serious and based on the principles of

economics and capitalism. You are part of this Western thought system that creates and teaches you how to see and interact with your reality. You are co-experiencing this thought form, and you can change it by using special tools.

If you showed your smartphone and the images on it to a person who has only lived deep within the Amazon rainforest, he or she would not understand it. People who live there are not trained to understand those images. They are not trained to use televisions, and they would not know how to decipher those images. However, you could train those people how to view those images and to use the smartphone. This is a simple example. We call this a planetary paradigm. A paradigm is a model that people use to explain a complex system, including behaviors and perceptions of reality.

Your current paradigm is based on duality and polarity. Even spiritual models include male and female. Duality is part of the group model and planetary paradigm. When you use the planetary paradigm of the current era, you run into many contradictions, such as thinking you are deeply separated from cosmos even though everything is part of the same universal system. Furthermore, you are a spiritual being with eternal life, but you are in a finite body in linear time.

We developed a new paradigm for planetary healing that, if used, would transform the planet. If you look at the current planetary paradigm, you see it fosters polarization. Remember the beautiful movie *Avatar*. On that planet, a group of people lived in a different paradigm than the one currently used on Earth. That paradigm was in harmony with the spirit of the planet. The people on that planet did not look at their planet as something to serve them or to be used for personal gain.

The new paradigm for Earth is called the Sacred Triangle, and it is the paradigm we offer to help you. This triangle is already familiar and accessible to you. We will work with you to bring you up to date. You update your computers all the time. Why should you not also continually update the planetary paradigm? New information is coming from the galaxy that needs to be incorporated into your planetary paradigm.

Galactic Spirituality

One aspect of the Sacred Triangle is called galactic spirituality. A vital part of your transformation revolves around your understanding and use of galactic spirituality. Let us meditate and feel the energies of our expanded

vibrations together. Listen to these tones: “Oooohhhh, oooohhhh, hhhheeee, aaaahhhh, eeeehhhh.”

You are electromagnetic beings of vibrational light energy, and you have great abilities to receive spiritual light and energy from the galaxy. You are part of the Milky Way galaxy. Earth is in an isolated place approximately 26,000 to 30,000 light-years from the Central Sun, an enormous distance. You are in the energy field of the galaxy, and according to the principles of the Sacred Triangle, for your personal and planetary work to be most beneficial, you should become energetically and vibrationally aware of the galactic field. This is what people are talking about when they use the term “Central Sun.” The Central Sun is the vibrational focus of the core light and vitality of this galaxy. When you are looking for a new paradigm for planetary healing, try to perceive galactic spirituality. Try to see what the nature of all planetary life in this galaxy is.

Some of you are receiving information and channelings from the other star systems in your dreams, your artwork, or your poetry. UFO sightings and information are increasing around this planet. It is important that you gain the knowledge, perspective, and consciousness that there are other life forms out there. That is vital. Astronomers on your planet have already discovered well over 500 exoplanets, or planets outside your solar system that orbit other stars, some of which are relatively close to Earth.

From the perspective of galactic spirituality, we have identified the developmental stages that planets go through. We have identified that Earth is still in its first stage. There are similarities between human development and the development of a planet in terms of awareness. As we have mentioned, the development of higher scientific thinking has led to propulsion technology. This technology can be used to go into outer space, but it could also lead to self-destruction. We have seen planets tragically destroy themselves. Many people have perished. You know, the galaxy could sometimes be described as a violent place. Stories of that violence include death stars, comets striking planets, and even asteroids strikes, such as the one in the Yucatán 65 million years ago that contributed to mass extinctions. The history of the galaxy is filled with stories and examples of such events. Of course, what is different now on Earth is that all the events — all these outcomes of planet life, biodiversity, oceans, and atmospheres — will be determined by what humankind does, not by asteroids, death stars, or extraterrestrials.

We are often asked, “Why do the Arcturians not take over the world and bring unity consciousness, destroy all the nuclear weapons, and clean up the environment?” We are an advanced civilization, and we have space technology and weaponry that are far more advanced than yours. But if we directly interfere in Earth’s crisis, then we take on your karma. We could become involved in the planet’s reincarnational cycle.

Some of you are starseeds and have reincarnated from other planetary systems. In previous lifetimes, you became involved and interfered with third-dimensional planets. You did this with good intentions, but in that lifetime, you lost your balance and your connection to the fifth dimension. It is a serious matter to break these rules of karmic interference on a third-dimensional planet. You take on the karma of that planet. There are ways to teach and to inspire change in the third dimension. The fifth-dimensional masters can inspire people. They can help people open their consciousnesses, and they can offer different insights into the functioning of planetary systems in the galaxy. We call those who have gone to the fifth dimension and now teach ascended masters.

Earth as a Living Organism

We are blessed to have strong participation with indigenous energies on the planet — another side of the Sacred Triangle. The spiritual teachings of many indigenous cultures around the world center on Earth as a living spirit. Many even call her Mother Earth. The ancient Greeks also gave the Earth’s spirit a feminine name: Gaia.

There are rules that determine whether a planet is a living organism. One is the law that living organisms can self-regulate. Can the planet regulate itself? Can it maintain a certain temperature and composition of chemicals in an atmosphere? Can it filter the oceans to remove toxins and a variety of other operations that would fall into the category of self-regulation? It is as if the planet has a consciousness that contributes to the attribute of becoming a living being.

There are planets in your solar system that are not living beings in the same way that Earth is. Mars has some minor self-regulation. Venus is extremely hot and does not have the right composition for life because it is very acidic. There is life on a moon in your solar system, Ganymede, which is the largest moon of the Jupiter system. We have said that “moon planets”

exist. These are bodies that are not really planets but are moons. It is very easy to imagine that some moons in this galaxy are attached to planets, and these moons might be the size and composition of Earth. We call them moon planets because they are able to hold life forms and have the same balance and self-regulation as Earth.

Earth's oceans self-regulate. The ocean is a living organism, and self-regulating currents may take hundreds of years to complete. Ocean pollution is affecting long-term currents that may take 500 years to fully maximize or complete.

It is common in Native American spirituality to talk to and interact directly with Earth. We, the Arcturians, believe that this greater awareness (that Earth is a living planet and that humankind must interact and positively influence its spirit) must expand. This statement seems to be controversial for many people. It amazes us that many people involved in politics and economics deny humanity's effects on Earth. Native Americans and other aboriginal cultures believe that Earth reacts to what humans do. For example, Earth reacts to nuclear bombs. If North Korea detonates a nuclear bomb in one part of Earth, another part, even far away, will react. Humans go boom, and Earth goes boom. That is simple, almost childlike, is it not? But this view represents a major change in human consciousness toward Earth.

On a higher level of planetary healing, we can change Earth's systems of self-regulation. This is necessary when part of the system cannot function because of blockages. In some cases, the self-regulating systems on your planet are becoming erratic. On a fifth-dimensional planet such as Arcturus, there is always planetary balance. On our planet, there are no earthquakes, hurricanes, or volcanoes. We have learned to live and develop a harmonious relationship and balance with our planet.

Can you imagine living on a planet that is in balance? Today, there are great concerns about earthquakes along the San Andreas Fault. There has been a swarm of minor earthquakes recently in that area, and several people are saying, "Okay, the big one is coming." A lot of energy and thought forms predict major earthquakes there. Of course, we recommend you send counter thoughts to the California area; that is, see and project that Earth is in balance there. Your positive thoughts can counter negative energy projected into Earth by others.

Mystical Thought and Energy Work

The third aspect of the Sacred Triangle is the mystical element of religions. It is generally referred to as the white brother- and sisterhood. This includes all higher masters from all religions who have attained or are working toward ascended mastery. All religions come to the same conclusion of the oneness. We use the terms “brotherhood” and “sisterhood” because they include male and female. This aspect of the Sacred Triangle includes mystical Christianity, mystical Judaism, Hinduism, Shintoism, and other religious systems. They all contain advanced aspects of mystical thought and energy work. Some beautiful concepts are found in Sanskrit and come from Hindu, Buddhist, and Sufi masters. The Sufi masters are some of the highest mystics on this planet. Their mystical practice of dancing or whirling is based on the spin of the galaxy.

Remember, this galaxy is rotating. Each rotation might take 350 million years. I jokingly say, “What is a million years among friends?” That is not even 1 percent of your solar system’s rotation around the center of this galaxy. The Sufis believe that they can mimic this rotational energy, and by doing that, they can resonate with higher life energy.

The Taoists are another example of a very advanced system that is part of the white brother- and sisterhood. The Taoists interact with cosmic energy in their meditations. If you study some of the Taoists masters, you will find that they remotely communicate with different planets. Some sit under the stars in their meditations to communicate with a star’s energy system.

Unifying the three energy fields is the basis of the Sacred Triangle paradigm. It becomes a paradigm for planetary healing because it provides a source of unifying spiritual teaching.

Let us go into meditation. See Earth, and see you sitting on it. [Tones] “Oooohhhh, oooohhhh.” There are great energy waves around the planet because Earth is alive. You are living on a living planet. Feel your connection to Mother Earth. [Tones] “Oooohhhh, oooohhhh.” You are living in a small section of the Milky Way galaxy. You are living in a dimension called the third dimension. This dimension is part of a system, and the galaxy is multidimensional. There are layers of dimensions. The awareness of the other dimensions is becoming stronger and stronger to people on Earth. [Tones] “Oooohhhh, oooohhhh, oooohhhh.”

Basically, your essence is energy and vibrations. Because of your expanded vibration, you can receive higher light and vibration from all

sources, including from Earth, the galaxy, and the ascended masters. You can receive higher light, and together we will help to create and teach this new paradigm of the Sacred Triangle. When people understand all aspects of this paradigm, they will want to bring it to Earth. They will agree that the old pattern of capitalism, duality, and exploitation is no longer relevant. It is time for an update in the planetary paradigm.

Chapter 5

Planetary Cities of Light in the Third and Fifth Dimensions

Juliano and the Arcturians

Each dimension has a particular focus, or theme. The third dimension is focused on duality, or free will. Souls who incarnate in the third dimension need this environment to further their development. The fifth dimension focuses more on unity, divine harmony, and peace.

Space and time are different in the fifth dimension. In the fifth dimension, it is circular, whereas in the third dimension, it is linear. In linear time, there is the past, the present, and the future. Once events happen, they cannot be changed, and there is greater anticipation for what is to come.

In consciousness meditation practices in the third dimension, you often focus on the now and exclude the past and future. This is called “here and now” consciousness. On Earth, psychologists jokingly called meditating on the past “there and then” meditation. I know that many of you sometimes get stuck in the there and then and need to move into the here and now.

Because the dynamics of time are circular in the fifth dimension, the present, future, and past interact. As strange as it may sound, you can alter the past. In the third dimension, you try to affect the future, but you have no control over altering the past; you must accept it.

Of course, in the third dimension, space and time have different attributes. There are large distances, which you call space, and within these distances, there seems to be emptiness. If you want to go from one city to the next, you must traverse a lot of space. Going through that space takes time. In the fifth

dimension, space folds, and when it does, time folds. If you want to be somewhere on the fifth dimension, you fold space, so there is no period of travel. There is harmony and unification in the fifth dimension because you can immediately be where you want without worrying about space and time.

In the higher dimensions — for example, the eighth, ninth, and tenth — there are different themes and concepts. The main difference in those dimensions is that you do not have a body.

The Fifth-Dimensional Body

When we talk about the fifth dimension, we still refer to a body, and in some of the exercises, I ask you to visualize it. One exciting and desirable aspect of the fifth dimension is that you can shape your fifth-dimensional body to your liking. I know that in the third dimension you try many different ways to change your physical body to your liking. Some of these attempts are successful, and some are not. Eventually you face the aging process, and your physical structure declines in vitality, beauty, and strength. (Of course, beauty is in the eye of the beholder, and elderly, wise people still are beautiful.) In the fifth dimension, people can choose an image of themselves that they especially like, such as when they had lots of hair and full physical strength and flexibility. When you embody in the fifth dimension, you will most likely choose a youthful experience based on how you remember being.

We have seen pictures by psychics that are artistic representations of fifth-dimensional masters. These drawings portray the masters as very young and appealing. Shaping and creating your body is one of the abilities you have in the fifth dimension. The fifth-dimensional body does not decline like the third-dimensional body. There is not an end stage of death during which you suffer a painful, prolonged terminal illness that causes great discomfort to you and your family. This does not happen in the fifth dimension.

There is a transition when you go into another realm from the fifth dimension, but the transition is nothing like what you experience in the third dimension. You can simply leave your body at will and transit without experiencing a death. In the third dimension, there is the illusion of death and separation because it appears as if everything is finite. There is the belief that at the end of this life, there might not be a continuation. There is debate about what happens after you die.

There are also different experiences of God, the Creator, in the fifth

dimension. Each dimension has a particular level of Creator light and experiences. Whichever dimension you are in — the third, the fifth, the seventh, the eighth — you can unify with the Divine and achieve enlightenment. It is true that there are higher dimensions, but this only means that each dimension has a different focus, or theme, and offers you a different experience. I do not mean to say that one is better than another but that different levels of experience are possible.

Now, when we go to the higher levels of the eighth, ninth, and tenth dimensions, we are not embodied. You will find this difficult to grasp from your third-dimensional perspective. Being on this level means you exist as a mental being, a thought form. I know that this is difficult to visualize. As you go into higher dimensions, there are more expanded experiences of the Divine, and you can assume more characteristics of the Divine. If you look at the mystical discussions of the godhead or the Divine in Earth religions, you will find that God is formless, so there is no way to really describe the Divine.

This idea is also present in other mystical religions, such as in Taoism. The Taoists were very in touch with the galactic masters and teachers and had high-energy instructions. Their description of the Tao is very simple: Whatever can be said about the Tao is not the Tao!

Shangri-la

The planetary cities of light represent a unique model of the perfect fifth-dimensional city of light known as Shangri-la, sometimes called Shambhala, that has been placed in Earth's auric energy field. Shangri-la is embodied in a form that can survive in and intersect with the third dimension. The planetary cities of light are modeled after and can work toward evolving into Shangri-la.

The fifth dimension is already intersecting with the third dimension. There has been a history of portals from the fifth dimension that connect to the third dimension. In the Bible, you have stories about one portal, the Garden of Eden, which was a planetary city of light where people lived in a perfect state of consciousness of higher energy and light.

Adam and Eve could not hold the energies of this higher light, and therefore they "fell" from this higher place, and the Garden of Eden was brought into the third dimension. The fifth-dimensional Garden of Eden was

placed in Earth's energy field. It was part of the energetic thought field, but it could not be sustained because the beings there were unable to hold the higher vibration. There were more than two beings in the Garden of Eden even though the biblical story focuses only on Adam and Eve. There were other beings under their leadership. It was a divine, perfected city of light just like Shangri-la.

There have been stories that Shangri-la is in the Himalayan Mountains, and Tibetan monks found a path to it but then could not figure out how to reenter once they left. This indicates that there is an energetic protection around Shangri-la. How can someone in the third dimension pierce that energetic field? Only those with a vibration of higher light would be able to find the doorway and enter the city.

Now think about your planetary cities of light. One goal of developing and holding their energy is to create a special energetic field so that low-vibrational people cannot or will not enter. It is difficult on the third dimension to totally block a city of light so that only some people can enter. I sympathize with you in your efforts to create these cities of light. I know that in many places of the world, people encounter violence, corruption, contamination, and conflict. It is very difficult in these situations to establish an energetic boundary of light around a city. If you were working only with higher beings like in Shangri-la, then of course it would be much easier to hold the white sheet of light around a city. Higher beings in Shangri-la can hide the doorway or the entrance path into the city of light. In the stories of Shangri-la, people accidentally found the entry portal. But in this sense, they had a vibrational frequency that was compatible to the entryway into Shangri-la.

In your efforts to create cities of light, create protective shields around your city, and state the intention that only higher beings will be attracted and want to enter. Do this to the best of your ability. But you are in the third dimension, and so is your city of light. You will not be able to hide the entranceway to your city. It would be great if you could do that; then you would have control over allowing only higher beings to come in. But by focusing on high light and energy in the city of light, you create a vibrational energy field that will attract other beings who are of a similar light. Those of lower light will not be attracted even if they know where the entrance is. They will not be interested in coming into the city.

From my perspective, Shangri-la was an experiment, an attempt by the

fifth-dimensional masters to see whether the third dimension could hold a fifth-dimensional city of light. It has been successful to some degree, but in the largest experiment in your history, the Garden of Eden, it was not completely successful. Humanity, for a variety of reasons, could not hold the light frequency to remain in the Garden of Eden.

There were also aspects of Shangri-la in the Andes Mountains in South America, where cities of light were founded based on this concept. Again, when people left those cities, they often could not find them again. In those cities of light, people were in the fifth dimension, but they also were on Earth. They knew that they were on Earth, and they knew that there were limitations. They knew there was finiteness, but they had the ability to expand their consciousness and see beyond duality.

Shangri-la was on Earth and in Earth's energy field. The people in Shangri-la experienced duality, but they also experienced the fifth-dimensional energy at the same time. They saw that the duality was an illusion, and by seeing that illusion, they could experience joy, health, and an expanded consciousness, which is everyone's goal. In the story of Adam and Eve, they were fooled by duality and accepted it as true, and that led them to be thrown out of the Garden of Eden, or Shangri-la. The creation of the planetary cities of light is an important part of Earth's ascension and of your planetary work because you are working with the model of creating Shangri-la. You are trying to set the parameters that will hold fifth-dimensional light in a city. Therefore, the city itself will start to operate on these higher principles.

The Just Society

The first principle in Shangri-la is transcending duality, transcending good and evil, which also means transcending the ego. Shangri-la operates on other principles, including the concept of a just society, where there is an equal distribution of wealth and caring and nurturing. This calls to mind Karl Marx and socialism, a very negative idea in Western thinking. So it would be difficult to describe the social model of being in a Shangri-la environment without getting into a dialogue about philosophical and political conflicts.

Philosophers in the eighteenth and nineteenth centuries wrote about utopias. They described certain principles, such as doing things for the greatest good for the greatest number of people. Even the word "utopia"

became popular at that time. These ideas are not new in the Western mind. Many people are shocked when I tell them that on Arcturus and other highly evolved planets, we do not have money, and we do not have possessions. It is difficult to think of a just society and of capitalism and the acquisition of wealth at the same time. I do not say this in a critical way.

Your society has developed without many of the concepts of the just society. In Shangri-la, people had no possessions and no jealousy. They didn't want for anything because everything was provided, and people were not taken advantage of. But to be on that level, you would have to be at a high vibration and maturity to live in a society that was based on such divine practices.

The Tree of Life contains a blueprint for a just society and for the planetary cities of light. It also contains a blueprint for Shangri-la. A fifth-dimensional society on Earth would have problems. In fact, one goal of the starseeds and enlightened beings is to raise the vibration of the third dimension. The third dimension was created for a specific purpose, and as I said, there is a theme in the third dimension, which is duality, separation, and free will. Those three things have to exist on the third dimension to create an environment for soul growth.

The Tree of Life consists of polarities and different spheres that interact with each other. The spheres are a model of divine compassion and justice. This is particularly needed for setting up a planetary city of light on Earth. There are many beings of lower vibration, and no matter how hard you try to set up the perfect vibrational energy of the city, you will find someone who is disruptive. You could find someone who sneaks through the doorway, and you would have to deal with that person. You might find someone who steals or does not believe in sharing and wants to gather goods and become selfish. As the keeper of the rules of a just society, you would have to find ways of dealing with such behavior with divine justice and compassion. There might be times when restrictions and punishment are needed.

One problem in the original Shangri-la was that it was totally closed to interacting with the third-dimensional world. The guides and teachers proved that Earth's energy field could hold Shangri-la, but they had to place cities of light in areas that were very difficult to access and, for the most part, hidden. Only people of a special nature were allowed in.

Now the mission of the ascended masters has shifted, and with their (and your) work and cooperation, we want to create the planetary cities of light

and model them after Shangri-la. We realize that there will be many problems and much resistance to the cities of light. We suggest an ascended master as guardian, overseer, and guide for each city. For example, one city could choose Kuthumi as its guardian. That city could then call on the energy of Kuthumi to download there. His energy would permeate people's consciousnesses there. Hopefully, his name as the guardian of that city would be taught.

Bring Fifth-Dimensional Form to the Third-Dimensional World

If I were to say to you, "Let us travel to your fifth-dimensional body," then we would go through the corridors of light. We could shimmer to help accelerate our energy fields, and then we would go to the crystal lake. You would find your fifth-dimensional body at the lake. With proper alignments and intent, you could experience your fifth-dimensional perfected body.

What if I told you that there is a fifth-dimensional embodiment of your city of light? It exists in a fifth-dimensional form right now. This concept is contained in some of the mystical writings and teachings; that is, these fifth-dimensional cities exist as embodiments of third-dimensional cities. The third-dimensional city already exists in a fifth-dimensional form. You can choose a fifth-dimensional guide and work to bring a higher thought form from that fifth-dimension to your city of light in the third dimension. One of the tasks you planetary healers are destined to do is to interact with that fifth-dimensional embodiment of your city.

Your country could have a fifth-dimensional embodiment, and planet Earth also has a fifth-dimensional embodiment. You are working and thinking about how to contribute to Earth's ascension. Many of you know that there is a fifth-dimensional embodiment of Earth, and it represents the highest form that Earth can reach. You probably have the idea that suddenly Earth is going to ascend to that embodiment. This is a good image and a good exercise to work with in your meditations.

Also, you must do the work so that embodiment of the fifth-dimensional city, country, and planet has the place prepared for it in Earth's energy field. We do not want a Shangri-la to exist only in the Himalaya Mountains where nobody can access it. We want to see the portals from the fifth-dimensional

cities open to Earth. These cities can only open and download in places where there is an anchoring foundation of fifth-dimensional energy. [Tones] "Oooohhhh."

Each city on Earth has an astrological chart. For example, if you want to find the destiny of Sao Paolo, Brazil, research the city's birth date, or the date it was founded. You see, that city already had a guardian — St. Paul. If you want to learn about what the city's destiny is, you could do its astrological birth chart. You can do that for any city in the world, and you can also do it for any country. There is a certain destiny for the United States of America, and that destiny can be found in the birth chart of that country, which was on July 4, 1776. You in the cities of light are creating an access point for the portal that will be downloaded in greater depth when the fifth dimension intersects with the third dimension.

Manifest a Brighter Future

An energy field, or an aura, surrounds the planet. A specific energy field surrounds each city of light. Energy fields surround different planets. One reason we want to connect your planetary cities of light with star cities of light is that we want to help you interact with the higher frequency of light contained in the star city.

Our definitions of the noosphere and collective unconscious include all the thought forms that have existed and now exist, including the thought forms in the future. Believe it or not, there are many aspects of planet Earth in the future. People have projected and planned for the future Earth.

As we speak, survivalists are planning for end-time catastrophes and the destruction of modern life as you know it. These people believe that some untold harm will happen to civilization, and they are ready to live in bunkers to survive. Even some great spiritual leaders, such as Elizabeth Clare Prophet, have believed that and have taken steps to prepare for disaster, including isolating their villages or cities. That type of thinking and those preparations project thoughts into the future Earth and into the noosphere. The future energy, or aura, of Earth will be affected by those thoughts, and whatever is in that aura in that future can manifest. If you have millions of people thinking about the end times and nuclear war and how to survive in special circumstances, then those thoughts can influence Earth's future. The noosphere consists of past, present, and future energy fields and contributes

to what manifests on Earth.

Fortunately, the ascended masters, guides, and teachers have downloaded special healing patterns for a better future for Earth, for a better manifestation. Our work with the planetary cities of light and our discussions of Shangri-la have contributed to a more positive input into the noosphere. We want the idea of Shangri-la to integrate into the planetary cities of light, and this higher light can then open and manifest here on Earth.

We can download those higher thoughts into the noosphere. We seek to have a greater community of planetary cities of light that raises the vibration in a way that will prepare for Earth's ascension. Part of that preparation is to visualize your city of light and Earth in the fifth dimension. Perhaps you envision the Garden of Eden. The Garden of Eden did not have internet, transportation devices, or spaceships. Your fifth-dimensional Earth might have some of those features, including space travel and interdimensional corridors. Certainly the fifth-dimensional Earth would be a planet that is in stage two of development. That means it has overcome the urge to self-destruct. In stage two, Earth can control the forces of nature, which means the volcanic eruptions, earthquakes, storms, and the human-caused destruction of the biosphere would stop.

The planetary cities of light hold foundational thought patterns that go into the collective unconscious and the noosphere. Eventually the planetary cities of light can create the energy to connect with the ascended fifth-dimensional Earth. The ascended masters see two options: One is to create fifth-dimensional Earth on the third-dimensional Earth. This would happen through downloading the energy to create more cities like Shangri-la. The other option is that Earth magically ascends, and everything of lower vibration is left behind. In this option, you would go directly to your fifth-dimensional Earth the same way you would leave your third-dimensional physical body and go to your fifth-dimensional body. In this option, your body would transform, transmute, and become the fifth-dimensional body. Everything would transmute and go into the fifth-dimensional Earth.

There is one problem with option two: Billions of people are on Earth right now, and not all are prepared or vibrating at a high enough frequency to go to the fifth-dimensional Earth. Remember, the fifth dimension requires a certain vibration. You cannot enter the fifth dimension if you have a low vibration filled with hatred, disunity, disharmony, and violence. The idea of everything on Earth magically transmuting and going into the fifth dimension

will not work because there are too many people who are not ready.

The fifth-dimensional Earth does exist. Part of it can interact with and become manifest in the third dimension, and part of the third-dimensional Earth that is of higher vibration and is filled with fifth-dimensional light can ascend to the fifth-dimensional embodiment of Earth. I know that sounds fractionalized, and there are a lot of paradoxes in this. You have to be prepared to enter the fifth dimension, and even a city of light must have a high vibration to enter.

Visualize Shangri-la in your fifth-dimensional cities of light, and connect with that high embodiment. Hold a vision of yourself in your fifth-dimensional embodiment, and hold a vision of your city of light and its fifth-dimensional embodiment. Finally, hold a vision of Earth in its fifth-dimensional embodiment. It will happen, as it shall be in accordance with the divine light and laws of higher spiritual evolution.

Chapter 6

Use Neutralization for Personal and Planetary Healing

Juliano and the Arcturians

Starseeds are greatly concerned about the polarizing energies permeating this planet. This polarization energy is often destructive and can create upheavals and chaos, as well as damage the biosphere. The new tool for dealing with this issue is neutralization. To help you understand neutralization as a spiritual tool, I will describe some basic mathematics: You have a positive energy, which is a plus (+), and you have a negative energy, which is a minus (–). In any mathematical calculation, you can conclude that the minus symbol means you are taking away energy. Thus, when you use the plus symbol, you are adding energy.

When they are in a negative state, people take energy away from you and from the planet. For example, when you have a hole in your aura, your energy decreases, and you go into the minus (–) category. On the other hand, if somebody sends out energy, such as love, goodwill, and kindness, then that energy is a plus (+), and you gain energy in your light vibration.

Neutralization is a process to stop negative energy from being taken from your energy field or from your aura. Those who are taking energy away from you or from the planet are stopped when they are neutralized. Their actions can no longer take away energy from you or the planet. At the same time, it is important to note that in this neutralization, they are temporarily paralyzed in their actions, and they might be unable to continue their negative actions. Thus, those who might be destroying the biosphere, destroying a species, or

polluting the oceans or the atmosphere suddenly would not be able to do so anymore. They would be neutralized — their actions stopped.

When someone harms your personal energy, that person can be neutralized and will no longer affect you. This can happen on an emotional, psychological, or even physical level. Some of you are familiar with a philosophical and spiritual practice known as aikido, which is based on the concept of neutralization. The aikido practitioner neutralizes the attacker, and the attacker cannot continue to cause harmful action. What is beautiful is this neutralization action does not harm the person trying to do the negative action.

But there is one vital fact to consider about neutralization. When people who are neutralized decide to do harm to you or the planet again, they might harm themselves instead. For example, the martial arts aikido practitioner puts the attacker in a hand lock or an arm lock. This position causes the attacker discomfort, and it becomes clear that if the attacker continues to attack, his or her arm could be injured or broken. The attacker's own movement would create the harm. This is neutralization at the highest philosophical and spiritual levels. So when you neutralize people, they will harm themselves if they continue, stopping all harmful actions. They will lose their desire to take energy away from you. Thus, they can decide to take a more positive response toward you.

You are well aware of humanity's global destructive habits to the environment. So let's apply neutralization to planetary healing. Think for a moment about people polluting the ocean with garbage, and suddenly, they become neutralized. Also, they are put in a position of extreme crisis because they will not be able to continue on this path without harming themselves.

When Balance and Compassion No Longer Work

As planetary healers, how should you visualize and meditate on planetary healing? How should you visualize the people who are trying to cause you harm? In a polarized world, it is common to experience negative energy. So neutralization is a helpful tool, especially in your personal life. When people send (consciously or unconsciously) negative energy, visualize them being neutralized so that the negative energy can no longer reach you.

It is clear that there needs to be strong personal power among those engaging in planetary healing meditations and activations. For example, aikido practitioners are not physically weak. In fact, they spend long hours practicing and studying the aikido techniques, building up their energy fields so that they can neutralize, in a positive way, their attackers. The practitioners have developed strong and positive energy fields that enable them to use neutralization. As planetary healers, you must also exert positive and strong energy fields.

You can help to neutralize negative and destructive energy. Why would I say to "neutralize" instead of using positive energy to overcome negative energy? Remember, negative (–) is taking away energy, and positive (+) is giving or increasing energy. In spirituality and polarization, there are laws of repelling. In this peculiar time you are living in, a stronger positive energy often pushes away the negative energy just as a stronger negative energy pushes away the positive energy. I think that you see this phenomenon now in which a strong negative light can repel those who are positive. You might even feel more hatred, anger, or disgust at those people. This is a manifestation of the law of repulsion.

The strong negative energy indicates a dangerous spiritual situation on the planet. It is more difficult to find a middle ground. It is difficult to even communicate with those on the opposite side when there's such repulsion. This state of polarization and spiritual repulsion can lead to more chaos and even violence, so it is not a healthy or balanced way.

Neutralization is similar to the spiritual concept called harmony and balance, but there are differences. For example, you have two polarized groups on the planet. One is a positive group working toward love, harmony, and equality — a just society. The other is a negative group working for greed, power, and control, seeking to destroy those who don't think as they do. How can harmony and balance be achieved here? There are experimental planetary situations in this galaxy where judgment has ruled and become too powerful, which would be difficult to live in. Imagine how challenging it might be to function when you are overly critical of yourself. Perhaps when you were a child, you experienced the unfortunate situation of having overly critical parents. It was difficult to function comfortably or achieve a relaxed state. When there is compassion, there is permissiveness and kindness; thus there can be growth.

Of course, we all like kindness, and we think it's good when people in

positions of power are merciful and compassionate toward us. But on the planet now, there is a strong polarization energy. Polarization often creates chaotic thinking and violence. People often lose control and behave very inhumanely, reacting from a low-energy vibration that mistakenly justifies violence and terrorism. In these situations, compassion does not work. In fact, terrorists view compassion as weakness.

Strong polarizations can become so far out of balance that there is no immediate harmony possible. In a perfect world, judgment and compassion can be balanced and a new harmony developed, but if the two sides are too far apart, too polarized, then compassion and balance may not be effective.

You are dealing with a strong polarization that can lead to catastrophic events, which include end-time scenarios, planetary disruptions, volcanic eruptions, storms, and social and economic upheavals. There are extreme polarizations politically and economically on this planet, and simple compassion could lead to more upheaval. When looking at some of the situations in the refugee crisis, for example, especially in Europe, you can see that extreme compassion and mercy sometimes can create problems as well. There has to be balance.

In neutralization, you are not trying to balance one side with the other. You are not seeking to balance judgment with mercy but rather neutralize those who are using negative energy to destroy Earth. You are neutralizing the people trying to harm Earth so that they are unable to do any more damage on personal and planetary levels. For example, you want to neutralize the people destroying whales or giraffes or elephants. There is no more room for compassion when people are brutally destroying wildlife for monetary gain. To exert such neutralization energy requires a certain type of discipline and strength.

Practice Neutralization

You can participate in a new, very positive visualization for healing on this planet (and with personal experiences) by using neutralization. In this meditation work, I want you to visualize a neutralization image that stops the destruction of the biosphere. You all have a particular sphere of influence and an individualistic sensitivity to the environment. You might have specific knowledge of a place on this planet in need of healing work. Also, you might be more aware of a tyrant’s extreme unjustness. So you have the choice of

where to focus your healing thoughts. With neutralization energy, you do not take on their karma. You are not involved in a particular brand of energy exchange; rather, you neutralize it.

Choose an event on this planet that you are particularly concerned about. It could be the radiation leak at Fukushima, the civil war in Syria, or the incoming administration of the United States government (which has the potential for harming the environment by ignoring any gains that might have been made in the climate arena). You could focus on a powerful corporation that is destroying the Amazon jungle. Choose whatever is most pressing for you.

Feel the power of your spiritual light, and feel your ability to rise out of your physical body. Now move energetically to the ring of ascension around this planet. In the ring of ascension, you will feel more of your spiritual courage and energies, and you will feel the great spiritual tool of neutralization. Focus your consciousness in the ring of ascension. Now focus on the image of what you want neutralized. [Chants] "Oooohhhh."

Remember, you don't want to see that other polarized side destroyed. You don't want to see that group harmed. You simply want their energy to be neutralized so that they no longer can engage in harmful activities. You can visualize that neutral action in any way. The bottom line is that if that person or group continues that negative action, then it becomes neutralized. Any harm they experience as a result would be self-inflicted. Together we will go into meditation to work on the neutralization visualization. We will be in silence now. [Chants] "Oooohhhh." [Pauses.]

As you hold this light of neutralization, know that this is a higher vibration. It is a way for you to deal with the polarizing energies so that you aren't sucked into the negative force fields surrounding the situation. Your image of the neutralization will be recorded in the ring of ascension and placed in the noosphere, which will help the guides and teachers and Earth manifest that which is necessary for neutralization.

Use Pung Energy for Resiliency

Neutralization is a spiritual energy force, and it also manifests in a physical way. It offers the opportunity for a shift in a person's behavior. There have been some ideas about what will happen to the people who cannot change their consciousnesses. Perhaps these people will be taken off the

planet in a mass exodus, and only the higher-vibrational people, like the starseeds, will graduate and move on to the fifth dimension. But you might have noticed that in the ascension discussions, we have talked about the three waves of ascension because there is some compassion and mercy for people on Earth. There is an understanding that Earth is a school, and the people are here to learn and experience. Even those who are polarized in a negative way can still open to a positive light.

In the moment when the aikido master puts his opponent in the neutralizing position, the attacker feels that response from the aikido master, and then there is a moment when enlightened energy can come to that person. The attacker can say: "Aha, I am dealing with a master who has high energy. I submit, and I am open to learning what this person has to offer me." I know there are people who will refuse that opportunity and even continue and hurt themselves. There might be no hope of learning. However, many people have great respect when they experience the energy of neutralization.

Remember, we are also talking about self-protection. This is the world of aura energy. We are in a time when it is necessary to protect and work with your energy field. As I said, neutralization comes from a position of energetic strength, not energetic weakness. This is why I called on you to work on the resiliency of your energy field — so that you are able to repulse negative energy. The negative (–) charge is an energy trying to take your energy from you. The resiliency I refer to is known as pung energy in Taoism. It helps you to create an elastic and resilient bounce in your energy field so that negative sources are repelled. It is also helpful to project this type of resiliency and elasticity to needed sacred spots around the planet.

We need to energetically protect the sacred sites around the world, including the sacred rivers in North America and South America. When you can work on the energy field surrounding a sacred place, you can create pung energy, or elasticity, there. Ultimately, the energy of elasticity pushes away and neutralizes intrusive negative energy.

Spend a moment now in personal meditation. See your energy field in the shape of the cosmic egg. Remember, you are still in the ring of ascension, and you have heightened powers of visualization. Fill your energy field with this elastic, bouncy pung light, and see it come into your energy field through your crown chakra. Again, we will go into silence. [Pauses.]

Use this time to neutralize any inflammations in your body — any conflicts, weaknesses, holes, or attachments. Fill your aura with this resilient

pung light now. [Chants] "Oooohhhh. Ooohhhh." Your energy field is resilient; it is elastic. It is bouncy, and it has the energetic power to neutralize any negative force that comes into your energy field. Negative energy is repelled with great ease and great elasticity. You have that pung energy now. [Chants] "Oooohhhh."

You can project powerful pung energy to sacred spots and sacred situations around the globe. Know that all the fifth-dimensional guides and teachers are happy to support you in your spiritual neutralization work.

Prepare to leave the ring of ascension. Now return to your physical body, reentering in perfect alignment, feeling a new personal power and energy with this new tool for personal and planetary healing — neutralization. You are protected, and you are deeply respected and valued in your lightwork.

Chapter 7

High Consciousness Is the Next Step in Human Evolution

Juliano and the Arcturians

Earth is going through an important and difficult transition. We have been visiting, surveying, and studying planetary development, and we have said that we estimate that there are approximately 5,000 planets in the Milky Way galaxy that have advanced life on them. They are very similar to you. In fact, your codes and genetic structures are common throughout the galaxy. You are a unique species on Earth, but you are not the only human species in the galaxy.

The Pleiadians have a human civilization on another planet in this galaxy. It is true that these beings may differ in appearance. The Pleiadians might have different ear structures, or they might be taller than you are, but their basic physical structure is similar. Some beings in the galaxy are human like you but have more advanced mind powers. These beings can move objects with mental energy. Because of these telekinetic abilities, they do not need the muscle structure you have.

There are also variations in gravity. You live on a planet that has strong gravity. There are advantages and disadvantages to that. One disadvantage is that strength is required to move objects and your body. Gravity also causes deterioration of the physical structure, so you may have a life span of 80 to 90 years. On other planets, life spans might be 400, 500, or even 1,000 years.

Everything is relative. How do you measure a year? How do you measure time? A year on Earth is 365 days, which is the amount of time it takes for

your planet to go around the Sun. What if you lived in a different part of the galaxy in a different solar system? Imagine in that solar system that one cycle around its sun is 600 Earth days. You live 80 years on Earth. In that other planetary system, you could live twice as long as your Earth life. You could call an Earth life 80 years, but it is 80 years based on time as it is measured in your solar system. The relativity of time is such an important factor in trying to understand what it would be like to live on another planet.

Planetary development varies. One factor is the amount of time that the species has lived on the planet. There are many different estimates on when humans first appeared on Earth. Some estimate 200,000 years ago, and others say forms of humans have been on Earth for at least 2 million years.[1] There are various studies of the different types of humans, including Neanderthal, Cro-Magnon, Australopithecus, and even Peking. Which is the true human? You are called *Homo sapiens*, but you are evolving, and the result of that process will not be the human you see today. You are in transition.

Evolution is not fixed; it is a process. I like to refer to *Homo sapiens* as the species of Adam. There are various reasons I like to use that term. One is that it relates to the biblical story of Adam and Eve, who represent the first beings to have the characteristics that relate to modern civilization. The first Adam had self-consciousness and advanced mental abilities, which are key characteristics for modern humans.

The species of Adam continues to evolve, and the key to the next stage is the shift of humanity's consciousness. Every species goes through crises on this planet. Darwin documented these developments and crises when he proposed the evolutionary cycle. Humanity is in an evolutionary crisis that calls for adaptation. There must be a change because if there is not, the species will die out. You learned this when you studied evolution. Many plants and animals have gone extinct because they did not adapt to a changing environment.

How can you look at what is happening now on Earth with the Adam species and the planet's developmental stage from a galactic perspective? How does what is occurring now on Earth apply to human evolution? Basically, humankind must develop higher consciousness to ensure the survival of this biosphere and Earth. There must be a broad enough and increasing number of people who have that level of consciousness. Eventually, that level of consciousness will become rooted in humankind. Once it is embedded, then it becomes the modus operandi for how the planet

functions, how people are governed, and how environmental and planetary crises are mitigated.

The only way that this planet can solve these crises is by raising human consciousness. This evolutionary struggle has occurred on other planets in the galaxy. The galactic perspective includes what we call galactic anthropology, which involves studying civilizations on other planets and comparing and contrasting how they work.

The Hundredth Monkey Effect and the Evolution of Consciousness

You know anthropology as the study of humans and their cultures. Some people talk about the hundredth monkey effect. This effect was postulated by an anthropologist who reviewed studies done by Japanese primatologists on monkeys on an island near Japan. Five thousand monkeys lived on the island. The scientists taught a monkey how to wash its food and watched how the behavior spread. The anthropologist postulated that after a hundred monkeys learned to wash their food, all the monkeys on the island learned to do the same task without needing instructions.[2,3]

We use this concept to describe the galactic perspective of Earth evolution. A core number of people must reach a certain spiritual level, a certain level of consciousness, so that the technique becomes generalized for the whole population. When we look at the history of religion and mystical thought on Earth, we find references to a similar phenomenon. For example, there are texts that say there must be 144,000 people who can ascend, and only those 144,000 people will ascend to a higher dimension. Some religious groups are trying to convince people they are part of the 144,000.

It is true that to change this planet, a certain number of people need to reach an elevated state of consciousness. What is that number? It is based on a variety of factors, including population size. Right now, there are more than 7 billion people on the planet, so frankly, 144,000 might not be enough for evolutionary change.

Another factor must also be considered, and that is the quality of the people holding this new level of consciousness. It is true on Earth that one person who is intensely focused and very gifted can have a tremendous effect on millions of people. This has been demonstrated in the spread of religions

as usually one person with extraordinary abilities influenced millions of people for hundreds of years or longer. It is a mistake to just say that there is a need to have 100,000 or 200,000 people grasp and embrace the new stage of consciousness. We also look at the quality, commitment, and energy these people hold. We talk about the starseeds, and we have various estimates about how many there are. We feel that the concept of the starseeds carries this basic energy for the new evolution of humanity. Yes, it is true that "starseed" refers to those people who are aware of the galaxy and other planets in it. The starseeds are also aware of other lifetimes that they had in the galaxy.

The concept of starseeds ties in with the concept of cosmic reincarnation. In the traditional sense, reincarnation is usually considered lifetimes that you have had on Earth. You may have reports or memories of lifetimes in Egypt, in Greece, during the Holocaust in World War II, in Japan, or in South America. But the starseeds also have memories of lifetimes on other planets and in different parts of the galaxy.

The starseeds have multiple awarenesses and purposes, and one awareness is of their cosmic reincarnational experiences. The starseeds work to hold a higher level of consciousness, and that higher level of consciousness will become part of the hundredth monkey effect on planet Earth. Holding this higher consciousness will cause a dramatic change in the evolution and advancement of the Adam species.

Crisis Brings Change

[Tones] "Oooohhhh." Feel the higher energy now. Become aware of your energy field. Become aware of the vibrational energy in your aura. Become aware of your expanded consciousness, including lifetimes in other galaxies or other parts of this galaxy. You are part of a wave of energy that is called the evolutionary cycle of humanity, and your thoughts and your elevation of energy affects this development.

One critical aspect of evolution is that there needs to be change. There can be change when there is a crisis, a need. You know that as you get older, you like everything to stay the same. You probably do not really want to see as much change in your life as you age. When you were younger, perhaps you were easily bored and wanted to go to different places and do different things. Often when you get older, you become more settled. This is not true

for everyone, but it is an observation. The only way you can change is when there is a crisis, and this is one circumstance now on your planet. That crisis must be resolved if humanity is to survive.

In this polarized time, those people who try to bring awareness to the crisis of survival are often laughed at and told there is little scientific evidence to support the notion that Earth is in crisis. We see this from a galactic perspective because we see and have seen other planets go through the same crisis. I have seen planets similar to Earth self-destruct. There are starseeds on Earth who have had lifetimes on those planets and have seen them self-destructed. Maybe you have a trauma from witnessing that destruction.

There are starseeds now on Earth who even lived on Atlantis. Atlantis is an older civilization that was, perhaps, 50,000 bc to 15,000 bc. Their stage of development led them to a technology that became dangerous and eventually was misused. As a result, a terrible catastrophe occurred. The whole continent of Atlantis was destroyed, and everything that was a part of the civilization was wiped out. There were some survivors from Atlantis, and some Atlantean bases, or outposts, that were established throughout the world remained. (Some were established as far as South America.) Some ideas and cultural influences of the Atlanteans were transmitted to the ancient Greeks and referred to by Plato.

From the galactic perspective, Earth is threatened. You have been living with the threat of nuclear disaster for most of your lives. Now we have the threat of the collapse of the biosphere. I have seen planets whose biospheres totally collapsed.

The biosphere is the energy field around a planet, and there are several ingredients that contribute to its health. The biosphere is subject to intrusions, lower dimensional aberrations, and holes in Earth’s aura. There are many reasons for aura intrusions. Some changes come from the solar system, and some come from Earth’s journey around the center of the galaxy.

It is estimated that the solar system may take as long as 400 million to 450 million years to make one revolution around the center of this galaxy. Everything in the universe is moving. All solar systems and stars in the galaxy revolve around its center. During the 80 or 90 years that you are on this planet, you experience different positions in Earth’s journey. If you are closer to the center of the galaxy, you may experience more gamma rays. You also might experience more explosions of stars and receive more influx of radiation and x-rays. This influx could be different in each section of the

galaxy.

Remove Your Blinders

On December 21 and 22, 2012, Earth came into a specific alignment with the Central Sun that allowed new and special energies to come to Earth. Earth also has a rotation that takes 26,000 years. It is called the precession, or Earth's wobble. That wobble is related to the journey through the zodiac, and approximately every 2,000 years, Earth's precession marks a cycle of the zodiac. At this time, the zodiac's alignment is changing. You refer to the new cycle as the Age of Aquarius and the cycle you are leaving as the Age of Pisces. The energy is different in each cycle.

There is also the relationship of the planets and the solar system to Earth, and the effects of these relationships are described in astrology. The planets do not cause the change, but they represent a shift in cosmic energy. For example, Mars is associated with war and the energy of the warrior. Uranus is a prominent influence on this planet, and it represents the dramatic social upheaval you are witnessing now. Some of the energy of Uranus represents upheaval without a solution. That can be frightening because it might mean rebellion and revolution. There is a misconception. People might say, "We need to change everything, and we need revolution and to overthrow this old system." But the energy of Uranus is upheaval only; it does not bring solutions. Upheaval could actually lead to more chaos.

A new social, political, and economic system must be developed to make the changes necessary for this planet's survival. These changes require expanded consciousness. We, the Arcturians, believe that expanded consciousness relates to humanity's ability to connect to the fifth dimension. You are living in a universe that is multidimensional, but your society's perception of other dimensions is closed. One reason it is closed is cultural conditioning. Think of trainers putting blinders over a horse's eyes during a race. The trainer wants the horse to run as fast as it can, and he or she knows that if the horse sees things to the left or right, it could be distracted and would not run as fast.

Humanity has just emerged from a primitive time into modern civilization. In primitive times, humans were trained to have perceptual blinders. This was to protect them so that they could survive. These blinders ensured that people wouldn't be overwhelmed by the infusion of energy from other dimensions.

You have been trained culturally to limit your consciousness.

Now in this state, in this planetary crisis, the solution is to expand your consciousness so that you can access and integrate fifth-dimensional thinking into Earth. Fifth-dimensional thinking is based on unity. It is an expanded view of light, divinity, higher thought, and advanced emotional powers, and it moves from self-centeredness to group consciousness.

This is an exciting time because you are here to understand and hold this higher energy. This is a time when you can expand. It is okay now to take the blinders off and help bring in this new thought energy and cosmic light. It is a cosmic shift that requires assistance from the ascended, or multidimensional, masters. Opening up to the multidimensional masters allows you to receive innovative solutions, insights, and wisdom to repair this planet and yourself.

If you were in a state of enlightenment, you would leave the planet. You would not need to be here on Earth. If you are still here, you must need to learn something and repair something.

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Chapter 8

Work with Your Aura

Juliano and the Arcturians

It is important to understand the function of your aura for your health and ascension. Some people can see auras, but most people cannot. Psychics, channels, and empaths often feel the energy of auras. We use “human energy field” and “aura” interchangeably. We believe that you must work with your auras to ascend, and we are providing spiritual technology to help you.

The aura has a perfect shape when it is healthy, and we use the term “cosmic egg” to describe that shape. Most people cannot keep their aura in cosmic-egg shape all the time. Many energies interact with and affect the aura.

Aura attachments occur when people or entities attach to your energy field to harvest your energy. Some of these are referred to as parasitic attachments. You might think of parasites as insects, bacteria, and viruses. A parasite is an organism that attaches to a primary organism to feed itself. In aura work, a parasite is an entity or energy from another person or being that attaches [hooks] to the host to harvest energy.

“Pulsing” is another important vocabulary word that describes the aura’s speed or vibration. We teach a pulsing exercise in which we use methods such as rapid toning to help you increase the vibration of your energy field. The faster the aura pulses, the higher the vibration of the energy field.

“Shimmering” is a term that describes an Arcturian exercise to increase the speed of the aura to more easily transition to the fifth dimension. This method has been compared to a flickering light. In shimmering, you can appear and disappear in the third dimension while appearing in the fifth

dimension.

In spiritual terminology, “holes” are unwanted openings in a person’s energy field. People have energetic holes, or leaks, in their auras for a variety of reason. These holes can drain energy and even lead to illness.

Another spiritual word to describe the aura is “pung.” This term originated in the Chinese Tao and martial arts circles. It describes the elasticity, resiliency, and bouncing ability of the aura. When someone has good pung, negative energy easily bounces off your aura, protecting your energy field.

Aura Expansion Exercise

Close your eyes and take three breaths. Become aware of your aura. To do that, simply think about it. Most people have auras that extend 6 to 8 inches from the human body. To the best of your ability, visualize you aura as close to your body. Then visualize it stretching at least 10 inches from your body. Your aura will respond to your commands. Become aware of its shape.

Do you feel as if your aura is in the shape of a cosmic egg? Do you feel as if the top is over the crown chakra, or does it lean to one side? Does your aura have a bright color, or does it feel dark? Say: “I want my aura to be in alignment.”

Become aware of your crown chakra. It goes to the top of your aura. Open your crown chakra. I, Juliano, send healing white light into your crown chakra, and this white light goes from you crown chakra into your entire aura. We will go into meditation now for one minute while you receive this light. [Pauses.]

I am going to make a toning sound that will help to increase the light. [Tones] “Oooohhhh.” I ask that you make the sound with me. The aura and your energy field respond well to this sound. [Tones] “Oooohhhh, oooohhhh, oooohhhhh, oooohhhh.” Say: “I command my aura to go into the shape of the cosmic egg.”

Your aura fills with Arcturian white light. Feel your aura fill with this light like a balloon filling with air. When a balloon fills with air, it becomes stronger because it has more elasticity, or pung. When the balloon is filled and someone presses hard on it with his or her hand, the hand bounces back. If there is only a little air in the balloon, then when you press on it, your hand will go to the center of the balloon. The balloon has no pung. If there is too much air in the balloon, it loses its elasticity and could break when you press

on it. You want your aura to be filled with just the right amount of elastic energy. You aura will be just like the balloon — filled with the right amount of light so that you have the proper pung.

If a lower or negative vibration comes to your aura, it will bounce off. This energy characteristic that makes the lower vibration bounce off is called good pung. Fill your aura with good pung.

[Tones] "Oooohhhh, oooohhhh." When you have good pung, lower or negative energy cannot enter your aura. When you have good pung, viruses cannot enter your aura. All viruses and bacteria have to come through your energy field first. I know many people worry about external viruses causing illness in their bodies. You can protect yourself by filling your aura with pung energy. Even a mosquito could not go through your aura if you have strong pung.

Let us return to the example of the balloon. When the balloon fills with air, it becomes larger. At first, the balloon might only have a diameter of 10 inches. As it fills, it soon reaches 15 inches. The aura works the same way. When you fill with light from the higher dimensions, your aura becomes larger. We call this the positive expansion of your aura. When we began this exercise, your aura may have been 6 to 8 inches away from your body, but after filling it with the light, your aura might extend 10 inches away from your body. Your aura has expanded.

Protect and Enhance Your Pung

We are working with you to make your aura as healthy as possible. At any time, an aura might have holes. These holes can leak energy from your field. Why would you have a hole in your aura? The aura is affected by your emotional body, your spiritual body, and your mental body. In fact, the aura contains the energy fields of the physical, mental, spiritual, and emotional bodies.

Electromagnetic radiation can create holes in your aura. There is a great deal of electromagnetic radiation on the planet in general, and the aura is also an electromagnetic energy field. If there is a strong electromagnetic field from an electrical source nearby, then that source can create havoc in your aura. There are people throughout the world who have become allergic to electromagnetic energy. This is because a strong or disharmonious electromagnetic energy is mixing up their energy fields, and in some cases,

their energy fields collapse from the radiation. Radiation from nuclear energy is another danger. You can even receive harmful cosmic radiation from the Sun.

Emotional trauma also affects your energy field. Your heart is easily hurt, and if your heart is hurt from an emotional trauma, then that trauma can create a hole in your aura that leaks energy.

When talking about the aura, it is important to include the chakras. It is also important to think of its color and brilliance. Bright colors and brilliance signal health and good energy. The brighter and more brilliant the aura is, the stronger and healthier the person.

There is a drug epidemic in the world. Many people use drugs recreationally. Drugs can weaken your energy field. People who have used marijuana for many years often have darker auras. People who use drugs such as heroin also have darkness in their auric fields. The energy color associated with heroin is often dull and weak. Prescription opiates can also create dullness in the aura. Everyone has drug sensitivity. Minor recreational drug use is not harmful; however, long-term and heavy drug use can negatively affect your aura. You have to evaluate how well your body can accept a drug and whether it affects your energy field.

It is important to have a strong aura, and it is important to understand that the strength of your aura affects your immune system. Let us do a meditation to strengthen your aura.

Receive blue light from the top of your aura into your crown chakra. This is the blue light from the Arcturians. See this blue light fill your aura like air fills a balloon. We will go into silence. [Pauses.] Your aura fills with this fifth-dimensional light. Blue is a spiritual color. Your aura now has great pung energy.

There is important information in the depiction of an aura [see figure 8.1]. The first thing I want you to notice is that it extends belowground. Many people think that the aura stops at the feet. The next thing is that there is a Star of David at the top of the aura. There are many symbols for shielding. This symbol is the Star of David. By visualizing the Star of David at the top of your aura, you strengthen it.

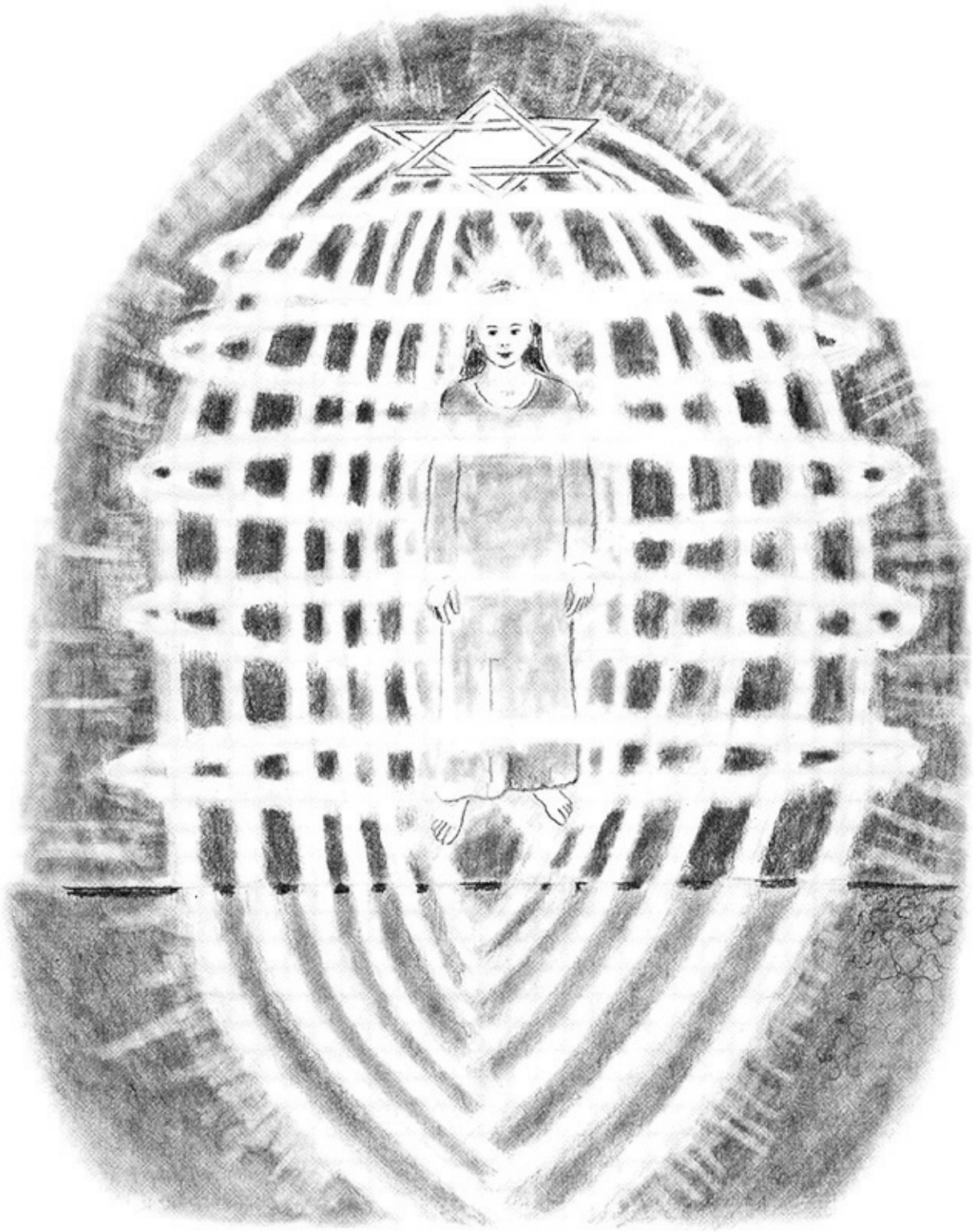

Figure 8.1. *The Cosmic Egg* by Gudrun Miller

See horizontal and vertical lines around the aura. These lines provide

strength. They are meridians, and the Star of David gives strength to each meridian of the aura. Of course, the aura surrounds your body. The aura is in the shape of the cosmic egg. See a dark line around it. There are no holes in the aura pictured, and there are no attachments. The aura is filled with blue energy and blue light.

Increase Your Aura's Pulse to Remove Attachments

Each aura has a pulse. Your physical body has a pulse. In the human body, the pulse has a limit of how fast it can go. If the human pulse gets above two hundred beats per minute, you can have a serious problem. You could have a stroke or a heart attack. The human aura is different because its vibrational speed can be fast. You can increase the pulsing, or vibrational speed, of the aura to achieve higher consciousness. In fact, the faster the vibrational speed, the higher spirituality you can experience.

For your ascension, you want your aura to vibrate fast. You want its speed to increase. To put it simply, the faster, the better. I have developed an exercise to help you increase the speed of your aura. The aura can increase its speed when you listen to spiritual sounds made quickly.

In this exercise, become aware of the vibrational pulse of your aura. Try to match that pulse to the speed of my sounds. [Tones slowly] "Tatatata, tatata, tatatata, tatatata." Now I will increase the speed. [Tones faster] "Tatatata, tatata, tatatata, tatatata." Now we go into meditation as you experience the increased pulsing of your aura. It pulses rapidly. [Pauses.]

When your aura pulses rapidly, attachments are released. Earlier, I discussed parasitic attachments. I will give some examples. Let's say a mother wants to control her child. She then puts a hook, or an attachment, into that child's aura. The mother is trying to control the child's energy field. Or perhaps an older brother wants to control his younger brother. Energetically, he puts an attachment into his sibling's aura. It is a negative behavior to try to control one another. This creates an energetic attachment, and if you have one, it will drain your energy. There are even cases of attachments from shamans, witch doctors, and negative energy forces. There are also examples of religious leaders who try to place attachments on their followers' energy fields. When you increase the speed of your aura, the

attachments are discharged.

You can command your aura to release all negative attachments. You can do this exercise to increase the speed of the aura, and then make a loud, clapping noise. [Claps.] It is much better if the healer doing this exercise is right in front of the person. Here is how the exercise should go. [Tones] "Tatatata." As the healer makes this sound, the person's aura increases and then reaches a high speed. Either in front of or behind the person, the healer makes a loud noise such as "Hey!" and then claps loudly and says, "All attachments leave now!" The attachments will fall away.

But remember that when an attachment is removed, a hole might remain in the aura, and that hole must be closed and healed. The aura must be brought into a new form. Thus, healers who remove attachments must also heal the aura's structure afterward.

Shimmering

Increasing the speed of the aura is a special spiritual exercise that we have developed for the starseeds. It is called shimmering. You bring the speed of your aura up so fast that your physical body can disappear temporarily from the third dimension. A person watching you might see your physical body flicker like a light. When you ascend, you will need to shimmer.

When I bring people to the higher state of rapid shimmering, I sing the word "shimmer" loudly, and I also repeat "shimmer, shimmer." When you bring your aura to a higher speed and you shimmer, then you have the ability to travel astrally. The aura is multidimensional and can go into other realms beyond the third dimension. When you shimmer, you can go into the fifth dimension. We have set up corridors connecting Earth with the fifth dimension. You still need assistance in your corridor traveling. We connect the Earth corridor to our fifth-dimensional temple known as the crystal lake.

You can travel to the crystal lake of Arcturus by using the spiritual technique of shimmering. We are talking about healing the aura, but we are also talking about using the aura to travel to the fifth dimension. When your aura is in the shape of the cosmic egg, it can shimmer faster, and you can do greater spiritual exercises.

Here is a summary of how to shimmer. Follow these steps:

1. Put your aura into the shape of the cosmic egg.

2. Begin to shimmer by increasing the speed of your aura.
3. Have the aura leave the physical body. (Remember, the aura stays connected to the physical body through the astral cord).
4. Travel into an Arcturian corridor that is around your home or office, and travel through the corridor at the speed of thought.
5. Arrive in the fifth dimension at the crystal lake. Your aura is above the lake, and you see many fifth-dimensional bodies sitting around the lake.
6. Find your fifth-dimensional body that is waiting for you, and enter it with your aura. Experience a fifth-dimensional increase of great spiritual light in your aura.

When we are finished with this part of the exercise, you can return to your physical body on Earth. But when you come back through the corridor and return to the room, you must enter your physical body in perfect alignment. There are many cases of people who leave their bodies and do not reenter in perfect alignment. Emotional, spiritual, and mental problems can occur when improperly aligning the aura with the physical body. Now let’s do the exercise.

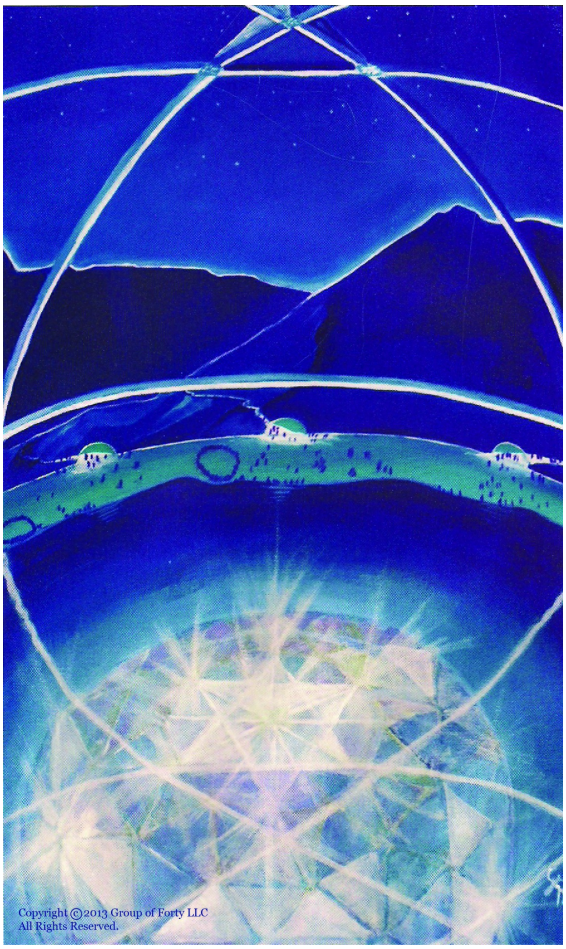

Figure 8.2. Fifth-dimensional crystal lake on Arcturus

Crystal Lake Exercise

[Tones] "Oooohhhh." Become aware of your aura. See your aura in the shape of a cosmic egg. Become aware of the outer edge of the aura, the line around the egg. Rapidly pulse your aura by making the outer edge of the aura match this sound: [Tones] "Tatatattata." When I say the word "shimmer," know that your aura is pulsing at a speed so fast that we cannot reproduce the sounds. [Tones and chants] "Tatatatatata — shimmer, shimmmeeerrr, shimmmeerrr."

Leave your body now. See the great corridor of light around the room. Your aura is now separated from your body and is able to travel with me. It remains connected to your physical body by the astral cord. Follow me as we go up the corridor. We travel through the corridor at the speed of thought. [Tones] "Tatatatatata." We travel through the corridor, and we arrive in the fifth dimension at the crystal lake. You are now above the lake with me,

Juliano.

See the glass dome, and go through it to come into the lake. Look for and find your fifth-dimensional body there. Place your aura in direct alignment above your fifth-dimensional body. Enter your fifth-dimensional body with your aura now. We will go into silence as you experience your aura in your fifth-dimensional body.

You are in your fifth-dimensional body. Your aura is receiving the fifth-dimensional energy from this experience. It is a healing experience. You will be able to carry this experience and energy back to your third-dimensional body.

You now leave your fifth-dimensional body. Feel your aura rise out of it, and know that you have made a powerful connection with your fifth-dimensional body today. Go to the top of the crystal lake. Follow me as we go into the corridor again. And together we travel at the speed of thought through the corridor. [Chants] "Tatatatatata."

We travel through the corridor and back to the room where we started. You go to a place 6 feet above your physical body. Say, "I will reenter my physical body in perfect alignment." One, two, three — now! Your aura enters the physical body in perfect alignment. You feel a great sense of spiritual energy. It is healing for you. Take three deep breaths. Your aura has great pung. It is filled with fifth-dimensional light, and it has expanded.

This is the end of the exercise. Open your eyes, and come back to reality on the third dimension.

Ascension and Aura Work

Ascension is defined as the ability to leave the third dimension and directly enter the fifth dimension. Several great masters have experienced this transition, including Elijah, told of in the Hebrew Bible, and Jesus. I will briefly describe Elijah's experience.

Elijah knew he was going to ascend. His student Elisha was with him at the time of his ascension. When the time was right, Elijah went into the fifth dimension. His body disappeared, but his clothes remained. Elisha knew immediately what had happened. Elijah's aura had reached such a high frequency that he was able to transform his physical body. He was able to bring his physical body into a different vibration and structure, allowing him to ascend.

This process of ascension is a very high spiritual activity and involves a new spiritual energy. To ascend, you have to bring your emotional, mental, and spiritual bodies to a higher level. You have to unlock the ascension codes within you so that your body can ascend.

The aura manifests the ascension through an increase in vibration. During the ascension, you direct your aura to accelerate the physical body to a fifth-dimensional vibration. We call this process transmutation. The aura transmutes the physical body into spiritual energy. Of course, you need the right mental structure and the right belief system. This physical reality, the third dimension, is dense; therefore, ascension work does not appear logical or possible to the rational mind. The key to your ascension is to understand that your aura can be at a higher, more refined vibration.

A person who has been in the fifth dimension will have a halo around his or her head and shoulders, often of golden light. The halo is an energy of harmony. Pictures of Jesus often depict him with a golden halo, which means he directly experienced and was in communication with the fifth dimension.

The ascension will begin with a special sound. We call this the sound of ascension. Some people refer to it as the calling of Archangel Gabriel.

Exercise to Open Your Chakras

Put your right hand approximately 6 inches away from and in front of your third eye. Now make pumping motions in front of your third eye, as if you are pumping up a bicycle tire. Do not touch your forehead as you make this motion. As you do this, you will feel a lot of energy around your forehead. Because of all the energy created, your hand cannot go any closer to your forehead. Move your hand 9 inches from your forehead. Drop your hand away from your forehead, and feel the third eye energy project outward. Now bring your hand back to a position about 9 inches in front of your third eye, and start making counterclockwise motions around it. We call this exercise spinning the chakra. Spin the chakra nine times. Count from one to nine.

Now we will go into meditation as you experience your third eye opening. You will feel a great activation of your third eye. Gently open your eyes. When we spin and open the third eye chakra, you will have more telepathic powers. You will be able to see into the future, and you will be able to read people's thoughts. Overall, you will have increased psychic energy.

Now let's work with the heart chakra. From this exercise, you will increase powers of emotion and compassion. Put your right hand approximately 6 inches in front of your heart and "pump" the etheric energy there. Do this nine times using the same method you used when pumping your third eye. Spin the chakra counterclockwise. Your heart energy will open.

Now put your right hand above your crown chakra, and follow the same technique. Your crown chakra is now connecting with universal light. You are connecting with cosmic energy.

These three chakras are spinning strong now, and all the other chakras in your energy field are resonating with them. Sense beautiful light and energy around you.

Does this practice have to be performed constantly?

No, it is only done as needed. Sometimes when you do this, your chakras will stay open for a week or two. It really depends on whom you are interacting with and what kind of an environment you are in. There is no rule that it must be done every day. On the other hand, you might want to do it every day if it makes you feel better. We compare the technique of spinning your chakras to the healing effect you receive when you go to an acupuncturist to align your system. The new alignment may hold for a week or two. You must do such techniques according to what you need and how you feel.

You Can Expand and Contract Your Aura

You have the choice of expanding or contracting your aura. It is okay to contract your aura when necessary. If you go into a dangerous situation in a crowd of people who have low vibrations, you might want to contract it for your protection. What is most important is that you have the flexibility to contract or expand according to the situation.

When the chakras are dormant or moving in a clockwise direction, what should we do?

It is good to activate the chakras by first doing the cosmic egg exercise, because the chakras and the aura work together. I recommend raising the vibrational field of your aura and then working with the chakras. It is good to work with other people who are like-minded to create a sympathetic

environment. If you open your third eye, you must be ready to receive the psychic impressions and higher information around you. If you do not want to receive more psychic information, do not open your third eye. It is the same with the crown chakra. If you want to receive cosmic light, open your crown chakra. If you do not want to receive cosmic light, do not open it. You are correct that some preparation is necessary to reopen a chakra after it has been dormant.

Are the chakras linked from the physical body to the astral body?

Yes, the chakras are linked from the physical to the astral as well as to the multidimensional self in the fifth dimension. If you have a physical illness, it probably began in the aura. The aura and the astral and the physical bodies are all related, and the chakras and the physical and the aura are also connected.

How many chakras actually exist?

Some people say there are seven. Others say there are nine. Some people say there are a series of chakras on the emotional body, another seven on the physical body, and another series on the spiritual body. Some Chinese spiritual teachers believe there are chakras on the back of the body as well as on the front. For example, in the Taoist system, there is a chakra called the Ming men in the lower part of the back, and it controls powerful energy from the center of your body.

I cannot give you an exact number of chakras because the answer depends on which system you use. There are so many different systems. We like to work primarily with the crown, the third eye, the throat, the heart, and what the Chinese call the *dantian*, which is below the navel. Then there is the sexual organ chakra. Remember, there are many systems of studies on the chakras, and I encourage you to look at all.

Please explain how to contract the aura.

Visualize the cosmic egg, and become aware of how far the aura extends from your body. Now give it a measurement in distance from your physical body, such as 5 inches or 10 inches. Then command your aura: “Aura, contract to 3 inches.” Your aura will respond to your commands. Now your aura becomes more compact, but you can still expand it. We want you to have flexibility in your aura to expand it when you want to and contract it

when necessary.

Can we do this with our clients, or can the clients do it for themselves?

Both. You can help your clients to expand their auras by simply making open hand movements around their bodies. To contract their auras, just bring your hands together closer to their bodies. Also, you can smooth your client's aura by going above his or her body and making smoothing motions around it, but please ask permission. Ask, "Do I have your permission to contract (or expand) your aura?"

Chapter 9

Use the Codes of Ascension to Achieve Higher Consciousness

Juliano and the Arcturians

Perhaps the best way to look at higher consciousness lies in the famous mantra, “I Am That I Am.” This means you are aware of who you are. When you have the consciousness of who you are, you also possess the consciousness of who you were and who you can be. Consciousness, then, transcends the present and the linear perception of time. Earth’s scientists cannot measure consciousness; they can only measure the effect that consciousness has in your reality. Why is it difficult to measure consciousness? The reason is that higher consciousness exists in other dimensions. There is no thought particle that can be isolated in the laboratory.

Some of the key components that make up the reality you know as the third dimension also exist in other dimensions. You are multidimensional; you already exist and interact with the fifth and other higher dimensions. Your consciousness comes from a source beyond this third-dimensional reality. You are on Earth to measure and express the effects of this consciousness. One mission all starseeds have is to study and implement higher consciousness in the third dimension. Many of you are students from other planetary systems, such as the Pleiades, Alano [an Arcturian moon-planet near the center of the galaxy], and Arcturus.

One area of study in our temples and spiritual schools is how consciousness and higher thought can affect third-dimensional material worlds. This is a great field of study. Some of you are students of the fifth-

dimensional spiritual teacher P'taah from the Pleiades. Others are students of mine from Arcturus. Some of you are students from the star system Altair, and others are students from Antares. You are like galactic scientists who learn about third-dimensional planetary systems.

When I discuss consciousness, I am talking about the higher consciousness that includes having a sense of the I Am presence. You can also raise the consciousness of other animals. For example, you can teach animals to have more advanced consciousnesses. One of the benefits of having pets is that you share your consciousness with them. You can raise their vibrational frequencies, enabling them to become aware of themselves in a way that would be impossible for them to achieve on their own. Humanity has the ability to raise its consciousness along with all the animals and the plants on the planet. This I Am consciousness is also known as awareness.

You can activate this consciousness for planet Earth, or Gaia. It is your mission as planetary healers to participate in activating the I Am presence of planet Earth. Why would a planet need humanity to do that? Why would plants and animals need humanity to activate the I Am presence? Humans, the Adam species, have the special gift of consciousness. This means that humanity can teach and activate consciousness in others. But there are many blocks to the I Am presence, and many of those blocks are unconscious. There are also many blocks to releasing and unlocking the codes of ascension within you.

As a fifth-dimensional being studying Earth, I have studied the activation of the codes of ascension. My observation is that people think that once the codes of ascension are activated, they are ready to ascend. In truth, activating the codes of ascension opens an inner process of change, awareness, and consciousness. Opening the codes of ascension sets a process in motion of inner healing, including retrieving parts of you from past lives and integrating the "I am, I will be, and I was" presence. In other words, the codes of ascension open the path to integrating the past, present, and future selves.

One can use the code words of "I Am That I Am" and "Holy, holy, holy is the lord of hosts." By using these phrases when you meditate, you can open to this inner ascension process and achieve dramatic personal change. When you open to this ascension process, a great flood of information will come forward in your awareness. This can include unresolved traumas and integrations from this and other lifetimes. These issues can come to the

forefront of your awareness because you will have a new opportunity for healing.

During the process of preparing for the ascension and using ascension tools, you may feel frustrated. You might feel that you have unlocked the codes, but you still experience problems and difficulties in your daily life. Remember that when you open the codes of ascension, you open to a great and wonderful healing.

Unlock Soul Memory to Heal Traumas

Let us look at the unconscious again because many unresolved parts of the self that need healing are hidden below normal consciousness. There are reasons for this, and your modern psychology has clearly explained them. The psychological defense system that blocks unconsciousness from coming into consciousness has an important protective function that enables you to maintain the present focus so that you can fight off any dangers in your environment. When you are physically safe and have food and shelter, you have the opportunity to do deeper healing and to open the pathway to the unconscious in a disciplined and structured way.

I frequently say that the next step in human evolution is moving to a higher consciousness. Humanity has only recently come to a point where it can experience higher consciousness. You still see the effects of a predominantly primitive, unconscious human species. You are living in a rather primitive Earth reality. This reality is filled with unconscious activity, and people are not acting from a higher perspective. People do not accept responsibility for what is occurring on this planet or for harming the biosphere. The people doing this damage are acting unconsciously. Psychologically, when you act unconsciously and someone points out the damage you are doing, you deny it. You protect yourself from the shock of the truth.

Violence and destruction among the Adam species have a long history. They are common themes in movies, and anthropological and archaeological studies are filled with evidence of them. The lower self, or animal self, in humans does not have self-awareness or morality. Tendencies to be violent, lack self-control, and destroy others are deeply ingrained in humanity’s primitive unconscious. Only a few starseeds and higher beings have evolved and come to a new perspective focused on the “I Am That I Am, I Was That I

Was, and I Will Be That I Will Be" consciousness.

There is a special perspective involved in higher consciousness called soul memory. When you unlock the codes of ascension, you can also open the doorway to soul memory. Soul memory contains the histories of your past incarnations and even memories of traumas that occurred in those lifetimes. When you open to soul memory, you also open to the possibility of healing those traumas. On one hand, you might think you would be granted great gifts of joy and illumination, and this does happen. But you also have the opportunity to complete a long history of soul work and to resolve soul problems.

When you ascend, you should be able to complete all Earth lessons. I know that everyone is not perfect, even among the starseeds. I know you have a lot of self-doubt. You might think, "Am I really ready to complete all my soul lessons? Have I really resolved all those soul issues and problems that are coming to me?" Some of you do not want to deal with soul issues anymore. But this is a great opportunity, because when you unlock the codes of ascension, you also unlock access to higher dimensions. You allow higher-dimensional thoughts to enter your consciousness. You open the doorways of perception to dramatic possibilities and higher thinking. You can also receive assistance from your guides and teachers. These are all great support for completing your soul lessons.

This is a revolutionary and pivotal time on this planet because you are now directly experiencing the dramatic changes and polarizations on a global scale. Major global changes have occurred before, but never in such a rapid fashion of fewer than 100 years. Most other global changes that happened on the planet occurred over centuries or longer. Global changes have been most dramatic in the past 20 years. Changes are happening rapidly.

Higher consciousness is necessary for the next stage in human evolution. Great prophets and spiritual teachers — such as Jesus, Buddha, Mohammed, and Moses — have come to this planet to teach about connecting to the fifth dimension and to download and implement fifth-dimensional principles on Earth. The spiritual masters used beautiful phrases to describe this state of fifth-dimensional joy and elation, such as "unity consciousness," "global consciousness," "universal love," and "universal brotherhood and sisterhood."

Earth Needs Fifth-Dimensional Teachers

Those who achieve fifth-dimensional consciousness often stay in the fifth dimension. They reach such a high level of interaction that they do not want to return to Earth. In your fifth-dimensional work, each of you will come to the doorway to higher dimensions, and you will be able to cross into the fifth dimension. You also might choose to stay there. I do not say this critically; it is an observation. Each of you will experience the fifth dimension, and you will have a choice of whether to return to the third dimension.

The fifth dimension is joyful, beautiful, and harmonious, and it offers you total fulfillment of all that you are. The fifth dimension is a place and time where you unite with your past, present, and future selves. In the fifth dimension, you live the "I Am, I Was, and I Will Be" self. You have total awareness and consciousness. Why would you go back to a restrictive state of consciousness such as that on the third dimension? It would take an extraordinary sacrifice for a recently ascended starseed to choose to return to Earth. That is ironic because at this time, Earth needs more fifth-dimensional beings. It needs more prophets and spiritual masters.

How can you use fifth-dimensional energy and consciousness to develop and change the third dimension? This is the greatest study, and it is the most important soul mission of the starseeds and higher beings. You have new discoveries and energies, and you have much support. For example, in quantum physics, the observer seems to influence the outcome of an experiment. Your ability to observe experiments on subatomic or quantum particles can influence the outcome. Can your observational abilities have a similar effect in the normal world?

Outside Influences

The Hawthorne effect is a reaction in which an individual modifies an aspect of behavior in response to the awareness of being observered.[1] Your thoughts in the higher consciousness operate on the subatomic level. The masters and teachers on the fifth dimension are observing what is occurring on Earth.

The ring of ascension around Earth is an interactive, dynamic, etheric energy that allows fifth-dimensional beings to comfortably place themselves at an observation point in the third dimension. The ring of ascension offers

you a place to meet and visit with the ascended masters. Fifth-dimensional beings such as Ashtar, Chief White Eagle, P'taah, and many other masters can interact with you there without the danger of being pulled into the third dimension. I encourage you to take advantage of the ring of ascension. When you bilocate there, you will be able to activate high consciousness and instructions on your soul mission. You can also receive more information on how to use your consciousness to change the third dimension.

There are many variables to consider. One variable is karma. Another is the influence of extra-solar, extraterrestrial, and lower beings who have interfered and downloaded energies, thought patterns, and belief systems on Earth. The low extraterrestrial beings have interacted with many different civilizations. There have also been some high extraterrestrial beings who came to counteract some of the effects of the lower beings. Low extraterrestrial beings have visited different civilizations of the world. They have been in the Middle East. We also know that low extraterrestrials have been in central Mexico and have influenced the Maya, the Aztec, and the Inca. Some have even come to Australia, South America, and Russia.

Some evidence of extraterrestrial interventions has become a part of the collective unconscious of humanity. Some beliefs and practices imposed on civilizations by extraterrestrials were quite brutal and bloody. For example, human sacrifice in the Maya and Aztec temples came from extraterrestrials.

Fortunately, human DNA is very resilient, and its protections are strong enough so that you could release these low extraterrestrial groups and reestablish healthy soul journeys and incarnations on Earth. The trauma of these types of incidents are still in your soul memory, and as you open the codes of ascension, you will be given the strength, support, and tools to heal those parts of you. You might remember these past-life experiences when you visit those ancient sites.

I want to also speak about the abduction phenomenon, which is another experience that has been prevalent on the planet and is deeply ingrained in the soul memory and the galactic consciousness of humanity. Some of you might continue to have dreams of being abducted, or maybe some of you have had this experience in this lifetime. The high dimensional beings, such as the Pleiadians or the Arcturians, do not take you to their ships without your approval. We take you to our ships to improve your consciousness and to heal you. The low beings have a history of taking people against their will for selfish reasons. This is a traumatic event.

There are other traumatic events from outside this solar system that are also in humanity's collective unconscious. Your collective unconscious includes what we call the galactic unconscious. Humanity's collective unconscious is the summary of the energy of all events that have occurred on Earth since the beginning of human consciousness. It also includes prehuman consciousness — when humanity was in an animalistic state without self-awareness.

Purify the Collective Unconscious by Unlocking Ascension Codes

The akashic records are the recordings of all thoughts and deeds on this dimension. All the memories of thoughts and events go into a sacred soul library in the higher realms. The collective unconscious for Earth is like an akashic record of all events that have occurred on the planet. It is well understood that the energy of the unconscious can and does affect conscious actions. For example, the inclination for power, domination, and aggression is deeply rooted in the collective unconscious and still affects actions and behaviors.

The purification of the unconscious includes healing and cleansing all these traumas and animalistic and aggressive tendencies in the history of humanity that are stored in the collective unconscious. Fortunately, high thought forms and fifth-dimensional aspects have also entered the collective unconsciousness of humanity. This includes the work and energy of the prophets who have come to this planet and high-aspect thoughts from masters and great teachers. To purify the collective unconscious, you need to neutralize the tendencies of aggression and domination. You do this by sending healing through the consciousness directly to the unconscious. Therefore, this work needs an intermediary between the conscious and the unconscious.

We are working with the Arcturian starseeds on the twelve etheric crystals on Earth. We use these etheric crystals to place and develop higher thought forms in the collective unconscious of humanity. Together we can effect and emanate a new light throughout Earth's meridians. Earth meridians help to process channeled energies throughout the planet.

We want to powerfully raise the collective unconscious and individual

unconscious of Earth and humanity so that the tendencies and desires of low consciousness are eliminated and replaced with high thought forms. These high thought forms have to originate in this collective energy field, also referred to as the noosphere. The noosphere includes the conscious, the subconscious, the unconscious, and the collective unconsciousness of all humanity and Earth.

The noosphere also has access and receives energies from other parts of the galaxy. The noosphere has the codes for higher evolution of the species and the planet and the ability to implement dramatic shifts. [Tones] "Oooohhhh."

Unlock the codes of ascension within you, and let us together unlock the codes of ascension within the collective unconscious of humanity. Let us together unlock the codes of ascension for planet Earth. By unlocking your personal codes of ascension, you will accept all that comes into your consciousness and seek healing. Remember, whatever is separated can be put together, and whatever is broken can be repaired. Let the codes of ascension be unlocked.

Let us go into meditation now as you say these affirmations: "Let the codes of ascension be unlocked for me, and let the codes of ascension for collective humanity be unlocked now."

[Tones] "Oooohhhh." The codes of ascension are now activating in the planetary noosphere and in your unconscious. All will come together in unification.

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1. See https://en.wikipedia.org/wiki/Hawthorne_effect for more information.

Chapter 10

Fifth-Dimensional Ascension Strategies

Juliano, the Arcturians, Archangel Michael, and Sananda

We are working with Earth to help you ascend. One tool of ascension is the ladder of ascension. It can be compared to Jacob's ladder in ancient Israel. When Jacob fled from his brother, one night he laid his head on a rock and dreamed about angels going up and down a ladder.[1] This ladder accessed other dimensions. You can visualize the ladder of ascension as an etheric ladder that goes to the fifth dimension. It also goes to our starship, which is in the fifth dimension. We have downloaded seven ladders of ascension around Earth. [These are in Bell Rock in Sedona, Arizona; San Martin de los Andes in Patagonia, Argentina; Tomaree point near Nelson Bay, Australia; Dome of the Rock, Jerusalem; Sant Pere de Ribes in Barcelona, Spain; Jobs Peak near Gardnerville, Nevada; and Herisau in Appenzell Ausserrhoden, Switzerland.]

The idea is this: At the time of ascension, you must make a decision about going to the fifth dimension. You must be ready to give up your Earth life and have a place in mind where you will go to ascend. That is why we downloaded the ladders of ascension. You can project yourself to a ladder that will be your entry point for the fifth dimension. The ladders of ascension will make it easier for you.

The ladders of ascension also have another function. You can go there to meditate. You can use these areas as sacred places to connect with fifth-dimensional energy and to project your energy up to our starship. We can

more easily visit you through the ladders of ascension.

Only lightworkers can feel the ladders' energy. For example, other people who are not starseeds can visit the ladder of ascension at Sant Pere de Ribes, Spain, and they might say, "Oh, this is a pretty place," but they will not feel anything. This is part of the beauty of the ladder of ascension. It can only be felt by people with higher vibrations.

The Stargate

We, the Arcturians, are the guardians of a stargate near our star system, Arcturus. There are only two stargates in this section of the galaxy. You know that the galaxy is huge and that Earth is in a spiral section of it that is approximately 28,000 light-years from the center. This is a great distance. You probably cannot even imagine such a great distance. You would have to travel at the speed of light for 28,000 years to reach the center.

There have been other planetary ascensions in the galaxy, and we have worked with those planets to assist starseeds in that process. When you enter the stargate, you cross into the fifth dimension. By crossing into the stargate, you will be finished with all third-dimension incarnations and will not need to return to Earth. You can then choose where you want to go in your fifth-dimensional life.

Some of you might want to go to your home planet from the stargate. Remember, I said that Earth is 28,000 light-years from the center. Your home planet could be close to Earth or very far from it. Your home planet might be on Alano or the Pleiades, and you might want to go there. The Pleiades is only 430 light-years from Earth. You might want to go toward the center of the galaxy, to the star system of Antares near the constellation of Sagittarius. Once you go through the stargate, you can choose where you will go in your next lifetime. At the time of your ascension on Earth, you can go to a ladder and then to the Arcturian stargate. It is a beautiful experience to go through the stargate, and it is only for those who are ready to ascend.

Now Archangel Michael will speak with you.

Special Phrases to Unlock Your Ascension Codes from Archangel Michael

During your ascension, you might need to cut the cords of attachment that you have with Earth, and this might be hard to do. You might have things you like on Earth. You might have family members you want to be close to, or you might have work you want to finish. Suddenly the ascension occurs, and you have to cut all your attachments. You might hesitate, or you might not want to do it. There are many beautiful and nice things on Earth that you enjoy. Nonetheless, you want to go to the fifth dimension. If you have difficulty detaching from Earth at the time of ascension, call on me, and I will help you.

The codes of ascension are sounds and words that unlock your genetic energy for the ascension. You already have the genetic program within you to ascend. This program is part of your heritage as the species of Adam. There are sacred phrases for the ascension that are in the ancient, or classical, Hebrew language. These words have special sounds and tones that, when used properly, can open your ascension codes. It is like unlocking a door. I will have the channel sing a special phrase to unlock the codes of ascension within you. Allow the sounds and tones to open you to be ready for your ascension. [Sings] "Kadosh, Kadosh, Kadosh Adonai Tsevaoth" ["Holy, holy, holy is the lord of hosts"]. Now meditate for a short time to assimilate these ascension energies.

Know that there are sacred words and sacred places on this planet. The sacred words will help you in your ascension work. Let the healing light come now to each of you. Let there be healing now because the ascension is a time for healing. Here is another special phrase, in classical Hebrew, for healing. [Sings] El na refa na la, El na refa na la. Let the healing come now.

Sananda Recommends Joining a Spiritual Group

It is helpful in your spiritual work to be in a spiritual group energy. I had twelve apostles who worked with me. In ascension work, it is necessary to have others around you who are like-minded. This is not a time to be alone spiritually on the planet. The group energy helps you to overcome your blocks. Alone, you may struggle to achieve a higher consciousness, but with a spiritual group, you can help each other. Supporting each other is a main advantage of forming a group of spiritual and ascension friends. I am here to

help you. I honor your spiritual work. I offer you grace and light to help you overcome blocks. I am your guide. You are ready to take the step and graduate from Earth. You are ready to finish all your life lessons.

This time on Earth is accelerated. Remember, you are an eternal being. You exist in the present, you will exist in the future, and you have existed in the past. These three states of time interact.

I am glad that you can understand this difficult concept of expanded consciousness. It is a gift for you to ascend now. I have directed many ascended master teachers to help you. The fifth dimension is closer now than ever before, and that means I am closer to you than ever before. Yes, the divine light of miracles is coming. Have confidence that the ascension will unify this planet.

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1. The story of Jacob's dream is found in Genesis 28:10–19.

Chapter 11

The Importance of Sacred Spaces

Juliano and the Arcturians

Two frequent questions I hear are “How do you bring down fifth-dimensional energy and light to the planet?” and “How is fifth-dimensional energy manifesting on Earth?” When you look at spiritual light, you can say it is beautiful and nice. As lightworkers, you are connected with the energy, but how is this connection making a difference? The answer lies in what you are able to do in creating planetary cities of light.

A shift must manifest in the way the world operates. This change is founded on the principles of creating sacred places and sacred energy. Throughout the history of your planet, there have been attempts to create sacred spaces that have been partly successful — the Egyptian pyramids, the Mayan pyramids, Machu Picchu, and Stonehenge. There are also sacred sites in Jerusalem. The planet has many sacred sites. Some are protected by indigenous people, but many are threatened by modern industrialization.

We feel there must be an expansion of sacred energy. You need more sacred sites, not fewer. You need more protected energy. You need more protected reserves. To do this, we are working with you on a special project to create and protect cities and ocean reserves known as the planetary cities of light and the planetary ocean reserves of light projects.

There are many blockages of energy channels on Earth. These blockages result from Western civilization’s technology, which contaminates Earth. You know it as the economic “progress” of the industrial world, and it has led

to meridian energy blockages and other dense energetic blockages throughout the planet. Even today it is clear that pollution in such cities as Beijing is so dramatic that one inversion can encompass more than 1,000 miles. This polluted air travels across the world. It goes places that have nothing to do with this industrial technology. It spreads over islands and through forests to cities where people are committed to environmental purity. Pollution from industrialized nations travels all over the planet.

Creating more sacred places is one way to counter the negative effects of contamination in the air, the water, and the ground. Planetary ocean reserves and cities of light interact with fifth-dimensional energy. We focus on connecting each sacred place with the fifth dimension. We do not connect these sacred sites to any specific religion or ascended master. Instead, each sacred city of light or ocean reserve of light is connected to a special fifth-dimensional energy. One feature of this connection is to work with quantum healing light, also called omega light.

The planetary cities of light are valuable and can be very powerful because they can hold quantum light, which has special healing properties. We know that working in quantum healing involves transcending the laws of cause and effect and the normal logical thought processes on Earth. The normal thought processes are based on cause and effect. They are based on logic and observation, including the principles established in modern physics. These logical rules and laws govern how the physical world operates, but they can be transcended when connecting with fifth-dimensional quantum energy.

The Damage Can Be Repaired

Industrial contamination has harmed the biosphere. The biosphere in many parts of the planet is damaged and cannot be replaced or purified according to the normal third-dimensional laws. Things now look dangerous and bleak without an intervention or infusion from the fifth dimension. How are you going to remove radiation from the soil or from the oceans? Radiation is still being released in the oceans from the Fukushima nuclear power plant. A tremendous amount of radiation leaked from the Chernobyl nuclear power plant in Russia. It is true that the Chernobyl power plant has a new sarcophagus, or concrete cover, over it, which is good. This cover is protecting the atmosphere from further large radiation emissions. But what about the radiation already released from Chernobyl? Where has that gone?

Some of it has contaminated land in Europe, and some has polluted the waterways. What about Russia's nuclear waste that has been dumped in the oceans? What about the military waste dumped in the oceans in the north? How is that waste being filtered?

What about the continuing destruction of rainforests? You know that the rainforests are considered the lungs of Earth, and now they are rapidly being destroyed. Who and what will provide the needed pure oxygen? You are at a time on the planet when you need more forests because there is more pollution. Today in Beijing, people often cannot go out without masks because the air is so toxic. To counteract such toxicity, you need more forests, not fewer.

To heal this planet, we can help you create a network of sacred cities throughout the planet. We can help the sacred planetary cities of light connect with each other using quantum healing light. This quantum healing light can transcend the logic and negativity from this damage to the biosphere even though it might seem as if the damage done by consistent contamination is irreversible. The damage to the biosphere is not irreversible. This planet can recover and come back into balance. The connection with the fifth dimension means, in simple terms, miracles can happen. You can continue to hold pure and sacred light and energy that contain this quantum process. Quantum healing can occur despite the polarization and conflict occurring throughout the planet.

You see polarization around the world. You see that it is hard to have even spiritually minded people agree on how to proceed in healing and working together. But quantum healing exercises and omega light help the planet transcend polarization and help people feel more inclined to work together. Quantum healing light in a planetary city of light also focuses on healing the inhabitants of the city. People will be motivated to come together into unity. When you create a sacred space, you still need techniques that foster working together successfully, and that often requires managing your ego. It means releasing the need to control or to have power and supporting the ability to accept people as brothers and sisters and to find ways of working together.

The Native Americans in the United States often say, "We are all brothers and sisters. We are all family," and they help create that feeling by meditating together in a circle. Being in a circle indicates that you want to transcend your differences and work together for higher light and purpose. There are many people who do not want to come together in a circle because they do

not want to work together, but when they come into a city of light with this fifth-dimensional energy, they will feel the omega light and the quantum healing light. Then they might change. It will affect their thinking. It will affect their egos.

Become aware of the value of your city of light, and know it can affect many levels, such as physical and environmental levels. It also can affect how people think about and act toward each other. People in the cities of light will be more brotherly and sisterly, will have less ego, and will be more willing to work together. Thus, creating a planetary city of light is a great energy that you can bring down and hold.

With the feelings of unity and brother- and sisterhood in the city of light, many miracles can occur, such as quantum healing in the environment, purification of contaminated areas, radiation filtration, and the retention of fifth-dimensional energy so that a new healing energy can develop on all levels. A greater receptivity to fifth-dimensional light will follow.

Remember, you are part of the evolution of humanity. You are working to manifest sacred energy and sacred places around the planet in a concrete way.

Chapter 12

Use Thought Constellations to Manifest

Juliano and the Arcturians

Thoughts have special, unique properties that do not have a comparable system or energy. For example, thoughts are able to travel faster than the speed of light, which means they can travel instantaneously across the galaxy and even to distant galaxies or star systems.

Thoughts possess multidimensional abilities. They can exist in different dimensions and travel from one dimension to another. For example, when channeling, thoughts from another dimension can enter this dimension and your mind. This ability is expressed in the concept of telepathy, or thoughts traveling from one mind to another without a physical connection.

Thoughts can arise from nothing. This is a very unusual and difficult characteristic to describe. “How can something come from nothing?” you ask. The Creator existed before there was any creation, and the Creator arose from nothing. The Creator is infinite. There is no logical way to explain how the Creator came from nothing. This universe began with a thought, and that thought is often expressed in the phrase “let there be light.” This phrase refers to the big bang, the moment of this universe’s creation. First there was nothing, and then the thought “let there be light” was injected into nothing. That phrase is the first thought that existed in creation. But one thought alone was not enough to create the universe.

The first thought was not the only thought. In the beginning, there needed to be a series or pattern — a constellation — of thoughts to create this planet

and this universe. One thought, even though it is the most powerful thought, needs the support of other thoughts to create a reality or a major change in an existing reality. A common mistake that people make, including the lightworkers, is that when they wish to manifest a new reality, they should focus on one thought instead of a series of thoughts.

For example, you may want to be rich, so you might work with one of these affirmations: “I want to be rich,” or “I am going to be rich in money.” However you wish to describe it. But a more successful way of creating a new reality on this planet is to create a constellation of thoughts about wealth, such as,

- “I am going to receive new employment,” or “I am becoming more successful at my current job.”
- “I am buying a new house.”
- “I am buying a new car.”

You must put together a series of thoughts to manifest your desires in this reality. You might focus on the thoughts, “I see myself working very hard and successfully. I see my books selling at a very brisk rate. I see royalty checks being deposited into my bank account.”

Manifest with a Constellation of Thoughts

In the Kabbalah, the creation of the universe is an important area of study. Studying the beginning of creation helps one learn how to survive and to spiritually grow in this world. By studying creation, one can better understand the mind of the Creator. The Creator issued the first thought with the words “let there be light.” Afterward, a series of thought constructs helped to create this universe. Many more thoughts were necessary. Without the other thoughts, this world would not exist.

So what were the constellations of thoughts that contributed to the creation of this reality and this third-dimensional world? The answer lies in the Tree of Life, which is a thought-constellation paradigm that was used by the Creator to manifest this reality. Using the Tree of Life, thought patterns were put into spheres, numerical values, triangles, and vertical and horizontal columns — a complex but highly effective thought constellation.

Some thought patterns expressed in the Tree of Life include the

unknowable energy or undifferentiated light, divine wisdom, divine knowledge, divine intuition, divine compassion, divine judgment, divine balance, and several other categories. The thought pattern comprising the Tree of Life exists on multiple levels. It exists on a purely numerical level represented by the numbers 1 through 10 or 1 through 12. You might have seen discussions about the spiritual significance of numbers. When you remove all physical realities, numbers will still exist because numbers are a thought. Numbers have special creative power because they transcend physical reality.

Understanding the spiritual meaning of numbers was one of Pythagoras's contributions. He pointed out the mystical attributes of numbers. Numbers have different meanings when they are arranged in patterns. For example, arranging them in a triangle enhances their energy and information. Numbers are part of a thought constellation that includes patterns.

Earth is moving toward the fifth dimension. The intersection of the third and fifth dimensions is approaching, and we want to add constellations of thoughts that represent how this interaction will happen. One thought pattern is the visualization of two spheres intersecting. Another is that additional sacred places on the planet are emerging. These sacred places could also include the planetary cities of light and the planetary ocean reserves of light. This is extremely important for your work as planetary healers.

You can use the noosphere for planetary transformation. Its special energy field is able to direct evolution and manifestation on the third dimension. The noosphere is an amazing energy field that can also be described as a thought or a mental energy field around Earth. I've often said that humanity is controlling the life of every plant and animal on this Earth. Whatever you do now will decide which plants and animals will live. Never before has every species on this planet been dependent on what one creature does.

Humanity has the opportunity to control its evolution. Previously, evolution was determined by chance or, in earlier cases, by direct intervention of an extraterrestrial being, which was not based on humanity's wishes but on the desires of that species from another solar system. Now a new expansion of consciousness is taking place. You are on the forefront of this new consciousness. The thought fields that are downloaded into the noosphere can create change in this reality.

You want to change this reality because the planet is on the road to self-destruction. Downloading thoughts to change Earth's reality follows the same

rules. A series of thoughts must be downloaded into the noosphere. Creation began with the phrase “let there be light.” For planetary change now, we will download the new thought, “Let there be higher consciousness ruling this planet.” That becomes the first thought for planetary change. But one thought alone is not enough to change everything. We must put together a series of similar thoughts.

Consider how difficult it is to understand the intersecting spheres on the Planetary Tree of Life: They are divided into triads and columns. The spheres are not necessarily equally distant from each other. There are complex relationships so that one sphere on the bottom relates to a sphere on the top. We have observed twenty-two intersecting energy paths within the original Tree of Life. There are ten spheres, or original thought patterns, and their interactions create twenty-two paths. This demonstrates the complexity of thoughts needed to create the world. Think about the intricate thought patterns in DNA. DNA is the basic pattern of the creation of life.

Thought Constellations to Purify Earth

Which thought constellation must be downloaded into the noosphere so that this third-dimensional reality can change for the higher good and for expanded consciousness? I call the highest point of consciousness and the highest evolution of the planet and humanity the omega point. How do we bring this movement to the omega point energetically? We need to manifest the highest expanded development and consciousness for Earth at that point.

Throughout the years, we have brought you spiritual tools for the transformation designed to change the reality of a planet. You are most familiar with the twelve etheric crystals we brought from the fifth dimension. We have created a pattern with these etheric crystals that resembles the Tree of Life. We have formed the downloaded etheric crystals into a new pattern called the Planetary Tree of Life.

The etheric crystals are spiritual vessels. Spiritual vessels are containers that hold thought forms and energy. Etheric crystals have multidimensional properties. They exist in the fifth dimension and can interact in the third dimension. This means that the etheric crystal can download and receive higher thought form and energy than normal third-dimensional vessels; thus fifth-dimensional thought patterns and higher energies can be placed in the etheric crystals.

To heal this planet, you need thought forms and energy patterns that transcend logic and the normal patterns you observe on Earth. For example, the radiation and pollution patterns from society's contamination are so overwhelming that, frankly, there is no existing technology capable of cleaning up the earth. Purification could take thousands of years. Purification might even be something as catastrophic as the destruction of a continent, which was witnessed in the fall of Atlantis. That is one way a planet seeks to purify itself, but that whole process could result in the elimination of humanity for an extremely long time.

A thought form that transcends logic and the normal patterns of purification can be downloaded into the noosphere during your meditations. This is one reason we have designated physical locations for the etheric crystals. It makes it easier for you to visualize and to transfer the image of that etheric crystal into the noosphere. Consider the etheric crystal of Grose Valley in the Blue Mountains in Australia. To remind the noosphere that we have a purifying etheric energy field, healing light from Arcturus, we need to place a representation of that etheric crystal in the noosphere.

For example, you can visualize the beautiful image of Grose Valley Park and say, "We are placing the image of Grose Valley and its etheric crystal into the noosphere." Use the image of that etheric crystal to make it easier.

We, the Arcturians, can download and direct new energy into that etheric crystal (which includes updates, new healings, new healing thoughts and patterns, and new purification energy forces). Several months ago, we downloaded the image of the golden etheric ball into an etheric crystal. We saw the golden ball as an etheric crystal coming from Mount Shasta, and it was able to produce an etheric golden ball bouncing in the ocean and absorbing the radiation that was destructively distributed there. It absorbed and removed the negative energy of the radiation. This kind of exercise needs to be done often to mitigate radiation discharges.

There are other archetypal healing energies contained in the etheric crystals. For example, the Bodensee [Lake Constance, which borders Germany, Switzerland, and Austria] crystal represents a vessel for energetic wisdom. Bodensee is located in central Europe, and the crystal contains higher thought forms for spiritual wisdom. The inherent conflict occurring on this planet is advanced technology, which has become more advanced than the planet's overall spiritual wisdom. The advanced technology has been used for the military without the oversight of spiritual wisdom. This planet has

become one-sided in technology, especially military technology, and one cost of this is the loss of the spiritual perspective and enlightened wisdom.

We have downloaded the etheric crystal in Bodensee, and we send higher energies and wisdom for the planet. Wisdom can be transferred as an etheric energy. Wisdom is difficult to measure, describe, and manifest. In a sense, wisdom is based on transdimensional forces. The wisdom energy comes from a much higher source. It appears in consciousness, and we especially want people who are in positions of power to be open to the ways of planetary evolution.

The etheric crystals need to be downloaded as a system or pattern into the noosphere. The noosphere can hold the evolutionary energy of the Planetary Tree of Life. Visualize the twelve etheric crystals in the Planetary Tree of Life [see chapter 19, figure 19.1]. See these crystals as etheric vessels forming a Tree of Life pattern. Meditate on that pattern and those etheric crystals, which are now entering the mental thought field known as the noosphere. [Chants several times] "Oooohhhh."

Another thought for this constellation is the thought of the perfected primordial human — in Hebrew, the Adam Kadmon, or what we will now refer to as the omega human. The omega human has an expanded consciousness and is at a higher evolutionary point, the pinnacle of evolution for humanity. There are various representations of this higher evolutional being in the history of your plane — Moses, Jesus, Lao Tzu, Buddha, and Quan Yin. Many male and female leaders represent the omega human.

Omega Human Meditation

Choose a figure compatible with your vision and upbringing, and visualize that image. Create a new perfected human that possesses omega light. [Chants] "Omega liiiiggggghhhht. Ommeeeemga light." The beautiful image of the omega human represents the perfected evolutionary point of humanity. Visualize that being now, that perfected image, and download it into Earth's noosphere. [Chants] "Omega human. Omega human." The omega human is downloaded into the noosphere of humanity now, helping to accelerate the next evolutionary phase to higher consciousness.

Real change to Earth's biosphere will come from the ground up, not from the top down — that is, governments, secret societies, and other representations of large industry. Because of the dualistic and materialistic

investment in the desire for wealth and power, we do not see that the "top down" will be successful in repairing this planet. Rather, it will come from the base, or the people. This is why we began the planetary cities of light and the planetary ocean reserves of light projects.

Planetary healing will begin in small areas that will gain power and create more sacred space. These cities of light and ocean reserves of light will be an interactive energy field, an energy force that builds and grows. There are approximately forty-five planetary cities of light active in the Group of Forty. There are other sacred sites throughout the world, but the planetary cities of light hold fifth-dimensional energy and work with our Arcturian energy. The corridors of light that go to the fifth dimension and to the stargate are also connected to the twelve etheric crystals. They form a web, an interactive network, of fifth-dimensional light on the planet.

Thought Constellation for Earth Healing

Visualize the planetary cities of light radiating golden light around Earth. Picture a satellite image of Earth, and see lights on in the cities around the planet. Some places on the planet are highly industrialized, and they have many lights. Others are more primitive, and they do not generate much electricity.

Imagine that you are in a satellite above Earth, and you can see the whole planet and the planetary cities of light and the planetary ocean reserves of light. You can see fifth-dimensional light beaming from each planetary city of light. See now forty-five planetary cities of light beaming through Earth's atmosphere. They are all shining fifth-dimensional energy. Now place this image into the noosphere. [Chants several times] "Oooohhhh." The network of the planetary cities of light is now being downloaded into the noosphere.

Now visualize the ocean reserves of light. Starseeds have placed an etheric fifth-dimensional light around them for protection. There are approximately seven ocean reserves of light. They radiate fifth-dimensional light, and you can see their energy from the satellite. Download that image now into the noosphere.

See seven ladders of ascension around the planet. Visualize these fifth-dimensional ladders streaming upward from Earth, connecting this third-dimensional world with the fifth dimension. They provide gateways and corridors to the higher realms. Download the image of the seven ladders of

ascension into the noosphere now. [Chants] "Oooohhhh."

Now visualize the ring of ascension around Earth, a halo of fifth-dimensional light interacting with third-dimensional energy. Ascended masters can interact with the third-dimensional Earth in a comfortable and dynamic way using the ring of ascension. Download the image of the ring of ascension into the noosphere now. [Chants] "Oooohhhh, ta ta ta, oooohhhh."

Remember that the theory of complex thought constellations applies to your personal development as well. When you manifest your desires, whether personal or planetary, please use a constellation of thoughts. If necessary, you can borrow the pattern of the Planetary Tree of Life to set up beautiful dynamic thought patterns. You can use the Tree of Life to help you manifest your highest wishes. Make sure you add the words "if it is in my highest good" when asking to manifest something on Earth.

When working with the Tree of Life, you can create triangles of different thought constellations corresponding to the spheres on the Tree. Crop circles also offer unique thought constellation energies. Crop circles contain thought patterns so advanced that it is difficult to interpret them at this time.

The ascended masters and I are working with you. We bless you and Earth at this time of heightened polarization. Know that spiritual energies on Earth are strengthening.

Chapter 13

The Reset and Global First Contact

Juliano and the Arcturians

Let’s explore the concept called the reset and how it applies to the current situation on planet Earth. To understand what it means to reset, think about computers and electronic devices. If there is a malfunction in the operating system of a computer, errors might arise and, in severe cases, cause the device to function improperly. One method of fixing a computer is to reset it. In a reset, some parameters are temporarily or permanently erased. The device can be shut down and restarted in a different way. For example, some files stored in the computer might be erased, and some settings return to the default selection.

When you operate a computer or electronic device, you often tailor its functions to suit your needs. For example, you might have screen savers or shortcuts you use that suit your operating style. When the reset is initiated, the personalized settings are removed, and the computer returns to the default, or factory, settings.

As you go through the reset process, the machine will not function at all. One step in resetting involves rebooting, which means restarting the device. During that process, the device is essentially useless. Rebooting alone does not return the device to factory settings; rather, it clears the computer’s temporary memory so that it can operate more efficiently. But when a computer is reset, everything is returned to factory installation settings and the device is restarted.

Resetting or rebooting does not always solve the problem. You hope the machine will be repaired, but there is no guarantee.

Earth's Reset

The concepts of rebooting and resetting have metaphorical value. Programs run Mother Earth and the third dimension. These programs run every aspect of the systems on this planet. They are individualized for the economies of the countries, the geopolitical activities, the weather patterns, and climate change. The programs of geology include oversight of earthquakes and volcanic activity, winds, air currents, ocean currents, and so on. Each complex system has a program, and each program interfaces with one huge program called planet Earth.

We, the Arcturians, look at all Earth's systems, and we see how they interact. We see that some are collapsing and many are malfunctioning. At this point in the development and evolution of the planet, the ascended masters, the Arcturians, and Jesus/Sananda can consider implementing a reset. This reset would certainly clear many malfunctions. Remember that a reset temporarily suspends a device's energies and function. The functions must be suspended so that the device can reboot and go into a new implementation of its systems.

A reset would create hardships for the planet. The planetary reset should only be considered when there is immediate danger and the possibility of self-destruction. Earth is in that situation.

There are several methods that can be used to reset Earth. We, the Arcturians, have been involved in resets on other planets that encountered serious difficulties. One widely discussed method involves the concept known as first contact. First contact is when other beings outside a planet's solar system make initial contact with its inhabitants.

Why would first contact be considered a reset, and how would first contact have a positive effect in reprogramming so many of these different systems? Before we explore those subjects, let's meditate together about first contact because I know that this is an important subject and many of you already desire to be part of a first contact. You have many strong motivations to witness it. Many of you are writing about it and waiting for it, and you wonder how it can be effective in bringing the planet into a new balance. Believe me, a first contact is a planetary reset. Let us meditate on the words

“first contact” and what they mean to you. [Chants] “Oooohhhh, oooohhhh, oooohhhh.” [Pauses for meditation.]

Now, first contact has many implications for each system on Earth, but in particular, it has a reset for the planet’s geopolitical structure and its overall environment. The reset might include receiving new technologies to repair the environment. For Arcturian starseeds, first contact would not be a shocking experience. In fact, most of you expect first contact soon. Yes, you are very impatient about the first contact that has not occurred yet.

First contact is a planetary-wide experience witnessed by everyone capable of observing news through the media. How will the first contact affect religious views and systems? First, your religious systems are based on Earth centralism, the belief that Earth is the center of the universe. Earlier philosophers and astronomers had the misconception that the heavens rotated around Earth, and because of that, their ideas about the universe were greatly mistaken. Some astronomers tried to present more scientific views of the universe. For example, Galileo tried to explain that Earth was not the center of the universe, but that view went against the religious belief systems of the time. Galileo was punished severely for his heresy.

Think about the concept of first contact. One consideration has to be whether prophets and messiahs from other planets have visited Earth and other planets in the galaxy. What effect would the beings who make first contact have to influence the planet? We love your *Star Trek* movies and the rule of no interference that is often explored and explained in great detail. The idea is that first contact should only be initiated carefully because it could negatively and karmically affect the evolution of the cultures there. The interaction could include cultural and technological transfers from those who made contact. For example, a major technological effect could occur when the planet’s people realize it is possible to travel through space and overcome the space-time barrier.

Two major systems will be affected by first contact: the religious system based on the belief that higher life is Earth-centered and ideas about space-time travel technology. Just the awareness that higher forms of technologies exist would influence the planet. Higher masters guarding the planet must approve the contact. It should be shown that first contact would be for the benefit and greater good of the planet’s overall systems. A first contact of such global proportion must be allowed. A method and protocol for effecting a positive influence on the planet’s problems must be agreed to and enforced.

First contact must be set up in a way that would positively benefit the economic, environmental, geopolitical, geological, weather, ocean, and climatic systems. The expectation is that first contact will assist the planet in solving some of its overwhelming and complex problems.

We have often talked to you about the radiation that has permeated so many different areas of Earth. This planet does not have the technology to remove the radiation from the water and land. At one time, we talked about a fungus- or bacteria-like life form that would eat or dissolve radiation. This requires a highly advanced evolution in the bacteria and viruses that can live off radiation. Primitive experiments are occurring on Earth that explore this, and some have had modest success. Currently there is no technology to do it on a global scale. It could be done in a small setting, and I'm talking about in a laboratory or some type of confined pool. However, accomplishing this over many large areas on the planet would require a more advanced technology.

Types of First Contact

First contact can be gradual instead of immediate and shocking. The galactic federation is operating on the "no interference" principal, but Earth has had intrusions from other planetary systems. Personal interest motivated these intrusions. When I talk about first contact on planet Earth, I'm talking about a mass global interaction for the planet's benefit, not a specific, limited contact for personal interest.

Extraterrestrials have come in contact with many cultures on Earth. The Sirian Empire from the Sirius star system made contact with the Egyptians and supervised the building of the pyramids through their technology. Stonehenge and many other sacred sites around this planet also have had extraterrestrial influences. One method of learning about gradual first contact has come through the study of sacred sites on this planet with the awareness that certain building feats were done with extraterrestrial help. There are people who continue to believe that there are ways of building these vast, complex pyramids through manual physical labor by using levers or levels, but I consider that idea an illusion for several reasons.

The imagination and the technological powers of the earlier people in ancient Egypt, for example, were not developed enough to conceive how vast weights could be moved and pyramids could be built with precision. The

Maya and the Native Americans who lived on the North American continent never developed the technological expertise of the wheel. It just was not in their higher conception, and it had to be brought to them. The technology of advanced building is an example of first contact.

There also are descriptions of contacts through the early Mesopotamians. There is a great deal of information explaining how the contacts were for the self-interest of extraterrestrials. They did not come here to bring peace, wisdom, and advanced technology. They had their own agendas for gathering and using slaves and minerals. However, there are examples of higher beings who came to this planet for spiritual guidance, and those were also considered first contacts.

Gradual contacts encompass the second type of first contact, and these include dreams, poetry, and some religious mystical experiences. They use higher consciousness and altered states of consciousness to contact other dimensional beings. I call this a gradual contact because the information comes slowly and is then discussed. People have a chance to modify or adjust their belief systems in accordance with the new information and energy they receive. This has been done throughout the ages, and now on Earth, there are more experiences like this.

Gradual first contacts from extraterrestrials support the idea of free will and self-determination, which means you might be exposed to information about other beings and even receive new technology and ideas, but you still have the choice of whether to explore the information. The gradual first contact is not considered interference with the planet. You have the right and the ability to coexist and work together with the energy. Albert Einstein communicated with higher beings but was able to use his mind and discipline to develop his own ideas from the information he was given. I'm sure many of you have had interactions that would be considered gradual contacts.

Requirements for Global First Contact

Today, we are talking about a global first contact, not segmented contacts by extraterrestrial beings for personal gain or through dreams, trance experiences, channeling, or other religious or mystical experiences. In earlier times, it was not possible to have a global first contact. There was not the global network of the Internet. Global satellite television did not exist as intercontinental communication systems. In earlier times, you did not have

threatening technologies capable of eradicating entire systems and species in short periods.

From this perspective now, a global first contact with higher beings such as the Arcturians and the Pleiadians could be seen as a reset, a way of immediately changing how this planet functions. Any first contact would have to be done from the extraterrestrial's position of power so that governments on Earth would not be able to harm those higher beings from other dimensions.

Another requirement is that a message would have to be created that could really affect people and change the way they operate. A new operational basis is needed for all the human-made Earth systems. For example, there have already been many interpretations and suggestions of how different economic systems might evolve through first contact. You might be aware of different financial systems that could be used for the world economy.

A planetary reset can be initiated from a positive first contact experience. However, it has a period of rebooting. There have even been discussions about this type of experience in your mystical writings and science fiction. For example, we talk about entering a null zone, a time when everything, including all electronics, becomes neutralized. A reset would neutralize many aspects, including the environmental systems and geopolitical conflicts. One country would not be able to dominate or threaten another.

There are hints of rebooting in Jesus's discussions and sermons. His famous expression that "the meek shall inherit the Earth" is an example of a change in the normal operating system. Those who gather power through accumulation of wealth and who rape the planet to get that wealth will lose their power.

When Jesus said the meek would inherit the Earth, he could have been referring to those who do not try to amass wealth for personal gain. The meek are humble and want to save this planet and create a new balance. From this perspective, the first contact is a revolutionary, planet-changing event that temporarily neutralizes all existing systems to reorient the operational principles of all these systems.

When this happens, there will be some discomfort. There will be resistance to a resetting simply because those who have gathered power won't be able to hold on to it unless they comply with a new system. There will be a new way of managing the resources of the planet and of dealing with the pollution. After the reset, there will be a new way of dealing with

global warming and of seeking planetary unity.

First Contact and Messianic Energy

There is a lot of discussion about messianic energy, especially when you consider the need for higher technology and a higher intervention energy that does not exist on planet Earth. A higher energy source exists and can be utilized, but it comes with tremendous responsibility. Higher beings believe it would be very easy for humans to misuse the technologies of the space-time continuum and interdimensional space travel. This has been the main reason for withholding the global first contact reset from this planet. We know that your governments would use this technology to transport nuclear weapons to outer space and bring forth disaster.

We are concerned because low extraterrestrial beings have contacted your governments and offered limited technologies as an enticement so that they can exert control over your world. This level of contact is not of a benevolent order. When we, the Arcturians, engage in first contact, we never have selfish motives. We are not interested in gaining the resources of Earth. Our goal is your spiritual development and evolution and to help bring you through a new reset into a new planetary system. In the Bible, reset is referred to as the end times or sometimes as the time of purification.

We do not want a reset that totally wipes out everything. We do not want a reset in which you are brought back into a primitive state of being where there is no longer any higher technology, Internet, or global communications. That is a step backward, and destruction of that communication technology would not be considered a good reset. Remember that in the concept of reset, after the reboot, everything returns to a basic function that was originally established for that system.

This Earth's system was not intended to become clogged. This system was not set up to be contaminated with human-made chemicals and pollution. The reset information must include the knowledge of planetary stages of evolution. We can show you pictures or movies of planets self-destructing. We have images of Atlantis and the destruction it went through. On the other hand, we can show you systems that successfully went through the positive stages of planetary development and went on to planetary stage two. This stage indicates that the planet overcame the tendency toward self-destruction. By showing you the planets that did not succeed, we hope that you as a

planetary body would be shaken and choose a different path.

First-Contact Mediation

Let us meditate on first contact with advanced Arcturians, Pleiadians, and other beings. Let us focus on a positive interaction to reset the systems on this planet in a way that is not overly damaging and that brings people into a new mindset of cooperation. Let us meditate on this great moment of first contact that is spiritual and helps humankind evolve to higher consciousness. [Chants] "Oooohhhh, oooohhhh." We will go into silence.

Your spiritual energies and work are helping to attract a first contact. You are part of a preparation for this interaction. It is possible to reset all of the systems on this planet, and you can participate in the reset. On a personal basis, there are systems and beliefs about you that also can be reset. Personal change is one of the most powerful aspects of this time of planetary change. The following questions can be addressed and the answers changed:

- Who are you?
- What do you think you are?
- What talents and healing abilities do you have?

All these beliefs you have about yourself can be reset in a positive way. In many ways, this can happen just by realizing and understanding the power you have to reset your system, your soul journey, and your healing ability.

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This is an exciting time to be on this planet, and I know that each of you has chosen to incarnate here to participate in this healing process. This dramatic time of change on the planet can be compared to a solar eclipse. Now on Earth, you have an eclipse of energy. It is a very exciting time to be on a planet that is on the eve of first contact. I send my blessings to all starseeds.

Chapter 14

Arcturian Group Thought Fields

Juliano and the Arcturians

We are aware of a Taoist practice in the study of Chi Gong [Qi Gong] that is called Chi-Lel [see *101 Miracles of Natural Healing* by Luke Chan, Benefactor Press]. The healing energy work in Chi-Lel is multicosmic. The practitioners of Chi-Lel do Taoist postures while connecting with cosmic group energy. Throughout the planet, groups of Chi-Lel practitioners are helping to create and maintain a healing group thought field. This has great significance for the work that we, the Arcturians, are doing with the starseeds.

One important point about the Chi-Lel practice relates to connecting with the universal thought field of other practitioners. When you practice Chi-Lel, you search for your connection to higher energy and light, and you connect with the group-thought energy field around the globe. When you connect with the group energy, you find a stable, consistent, and enduring energy field that is available to anyone who seeks it through this practice. This has great benefits for healing. By connecting to such a universal group thought field, a practitioner can achieve a higher healing level than is possible individually.

In this particular practice, there is a deep desire and need to connect with universal cosmic and galactic healing light. These practices go back 2,000 to 3,000 years in China. The ancient Chinese philosophers and practitioners knew about universal cosmic energy and the importance of having a direct connection during practice and meditation. In fact, their belief was that healing could be accomplished and accelerated through the universal cosmic

connection.

Tap Into Universal Thought Form Energy

With this in mind, let us examine the thought fields in our Arcturian work. There are several observations I want to make about the group thought fields that exist on Earth. First, there are nondenominational thought fields, and there are religious thought fields. Both use the same principle.

You are probably familiar with many religious thought fields. They include such well-known religious groups as Christians, Buddhists, Muslims, Hindus, and Jews, among others. Each group has requirements for participating in that thought field. These groups can form the members' expectations in this and coming lifetimes. This gives you an idea of the power a thought form has, for religious thought forms can carry on from one lifetime to the next. It is possible to belong to the same religious group in more than one lifetime. The principle that applies to the Chi-Lel groups also applies to all spiritual groups: You can gain more energy from the group thought form than you can from a personal thought form.

We Arcturians are more interested in what I describe as nondenominational thought form. First, we seek truth and energy that are based on universal principles. We do not want to set any limitation on the Arcturian groups regarding our thought field energy. For example, in a limiting Earth-based spiritual or religious group, adherents might be required to accept that a certain person is the only giver of truth or to rigidly follow certain practices and laws. If a person does not follow those laws, he or she is disciplined and sometimes even expelled from the group. This might mean to the group that the expelled person would not reincarnate with them.

We prefer the concept of a group thought form that is open to universal energy. The Arcturian group thought form is based on universal energy and has several advantages over other forms. I think it was this thought group that attracted you to our teachings. Several interesting characteristics in our thought forms are advantageous. For example, participating in the Arcturian thought energy field enhances your ability to connect to galactic spiritual energy with fifth-dimensional energy and higher consciousness.

It is often beneficial to participate in a thought field at the same time as like-minded starseeds. Certain times can be agreed on for everyone to participate. At those times, the thought field becomes stronger, and the

participants feel greater activation.

There is a sense of timelessness about the Arcturian group thought field. Even though you might not be able to meet at the same hour because of time differences, it is still possible to experience an upliftment with other Arcturian participants. Time is relative; therefore, there is often a window in the group thought field energy. We acknowledged this window in some of our previous meditations when we recommended setting one up from Friday evening to Sunday night. You could participate with the Arcturian group members anytime during that window. You would experience the same power on Friday evening as another person would experience on Sunday morning. Those group members experienced the same powerful effect because the window had been established to hold the energy.

The next point is what I call remote energy. Remote energy is sent out or received far from your physical presence. The energy could originate in another city or, just as easily, from another planet. It even can come from another part of the galaxy. You might be aware of the principles of remote healing in which practitioners who are far from the people in need send strong healing energy.

I must make one clarification on remote healing and remote energy work: Both are more beneficial if the people receiving the energy know it is coming and when. Secondly, the people being healed should agree to receive that energy or healing. If they do not agree, then the resistance around the energy field can be strong enough to repel any positive healing light. It is possible to send universal healing light to people who have not agreed, but it will not be as strong or as effective as it would be if they had agreed to the experience.

Earth's Arcturian Thought Field Transcends 3D Limitations

The Arcturian healing-energy group focuses on Arcturus and connects your thought field to our powerful healing sources. We seek to attract people interested in ascension and the fifth dimension. We work with people who are aware that this lifetime on Earth could result in the graduation from Earth's incarnational cycle. This means that they can complete all the work and energy needed in this lifetime so that they can graduate from the Earth experience and go into evolutionary and planetary experiences beyond it.

The Arcturian experience centers on the transition you go through in the ascension process. In that transition, you transmute in full awareness to the higher realms and enter a stargate. That stargate is a powerful spiritual station that offers you the opportunity to participate in choosing your next lifetime and incarnation. The choices in that stargate are multidimensional and include many planets throughout this galaxy and, in some cases, in other galaxies. Entering the stargate is a great reward, a great elevation. Not everyone has the freedom or privilege to do that. You must ascend to go through the stargate.

The Arcturians are sending out vibrations and energy as spiritual tools and opportunities. Some of the Arcturian thought-field energy calls out to Arcturian starseeds on this planet. This calling out is like Chi-Lel, in which participants interact with each other in a gigantic energy field that accelerates and amplifies their healing while they perform specific postures. The power of healing through Chi-Lel rests partially in the ability to connect to universal group energy. Connecting with universal Arcturian energy uses the same principle. We needed a way to connect with the Arcturian Earth starseeds, so we created a special thought field for the starseeds on Earth.

Our Arcturian thought fields are energetically new on Earth, but there are ancient and powerful thought fields from ascended masters throughout the galaxy. Thought fields are even being sent to Earth from other higher civilizations. For the Arcturian starseeds group, we have created a thought field that transcends many limitations of the third dimension.

Our Arcturian starseed group is nondenominational. Starseeds can participate in the Arcturian group regardless of religion. Our core paradigm is the Sacred Triangle, which includes the teachings of many ascended masters on Earth, in the fifth dimension, in the angelic world, and in the native or indigenous world. There are star-based spirituality groups. I frequently refer to those groups as the star masters. In the Arcturian starseed group, it is necessary to find practices and ways of accelerating and amplifying the fifth-dimensional connection.

Crystal Lake Healing Work

What special tools have we offered to accelerate the Arcturian thought field energy experience on Earth? One is the use of the Arcturian crystal lake. The crystal lake has a huge energetic crystal that is truly remarkable and

unlike any other crystal on Earth. It is one mile deep, and more importantly, it has the strength and ability to attract higher thought forms from many different dimensions. One important aspect for you is the 1,600 people in fifth-dimensional bodies who surround the lake and meditate. There are 1,600 Earth-based Arcturian starseeds meditating and receiving the intense energy from the etheric crystal at the crystal lake.

You can do the meditation with the Arcturian thought field on Earth. We have been working with that by establishing twelve etheric crystals throughout the planet. [The twelve etheric crystals downloaded by the Arcturians and the starseeds around the world are found at Lago Puelo, Argentina; Volcan Poás, Costa Rica; Copper Canyon, Mexico; Mount Shasta, California; Mount Fuji, Japan; Bodensee, Germany; Istanbul, Turkey; Lake Taupo, New Zealand; Grose Valley, Australia; Lake Moraine, Canada; Serra da Bocaina, Brazil; and Montserrat, Spain.]

We have led visionary and prophetic exercises in which Arcturian starseed groups sit around Mount Shasta or Grose Valley or Bodensee. In those exercises, we ask people to project their astral body to those Earth power spots. The call to connect with other Arcturian starseeds around the planet and the energy healing potential are most powerful at the crystal lake on Arcturus.

I will lead you in an exercise to travel to the crystal lake there. In this exercise, you will have a new awareness and a great experience of connecting with the Arcturians for personal healing. Remember, the crystal lake is in the fifth dimension, and it was especially set up for the thought field energies of Earth's Arcturian starseeds. We have created this place for your safety, and it is easy for you to travel interdimensionally to reach it.

By traveling there and working within that thought field, you will find ways of connecting with the higher Arcturian thought-field energy and with other Arcturian starseeds on Earth. The ability to connect with the higher Arcturian thought-field energies is enhanced at the crystal lake. There you can experience higher levels of healing and higher group thoughts and meditations with increased success. The success and power of your connection in that thought-field group increases as we Arcturians participate with you. We participate in several ways: We have set up this place so that you can travel there, we provide corridors for you to use, and we control the intensity of the energy by either raising or lowering the crystal.

The higher the crystal is raised above the water, the more intense the

spiritual light and energy that are sent out. We try to calibrate the intensity of the energy sent out based on where you are and how much you can absorb. Often, we do not make a determination about how high to raise the crystal until everyone is together at the crystal lake. Then we assess the needs and make the correct calibrations. All the work done at the crystal lake affects your third-dimensional existence on Earth.

We have general Arcturian thought-field energies. We also have specific thought-field energies related to some of our teachers, such as Helio-ah. Helio-ah has been working with a special group of starseeds who are interested in her healing techniques. Her healing techniques are based on holographic energy. She refers to it as "heliographic energy." Some of you have already been activated and feel how she has been working with you. There are specific groups within the Arcturian starseed framework who are more attracted to working with Helio-ah.

Some Earth Arcturian starseeds are attracted to Tomar and to his healing work. Tomar is a spiritual teacher and a keeper of the Arcturian temple work. He has set up a special group of Arcturian starseeds on Earth. These starseeds often travel interdimensionally to his temples on Arcturus. These are special temples, and the ability to meditate and connect with higher light within them is truly remarkable. These sacred areas of Tomar's temples are more powerful than any temple you have ever experienced on Earth. Imagine the most sacred and holy temple you have ever been in on Earth, and then imagine something ten times more powerful.

Crystal Lake Exercise

Let me begin the exercise and lead you in the thought field of the Arcturian starseed group to the crystal lake. Know that your fifth-dimensional body is already there. As you travel with me, you will go to the lake and find your fifth-dimensional body waiting for you.

[Tones] "Oooohhhh, oooohhhh." Become aware of yourself in your room, and close your eyes. The room you are in begins to spin, and you experience no dizziness. Instead, the spinning allows your spirit — your astral body — to gently leave your physical body and rise to the ceiling. (Visualize this to the best of your ability. If you are not able to visualize it, just repeat these instructions in your mind.)

At the ceiling, an Arcturian blue corridor opens. You are now connected

to the Arcturian thought field, so it is natural and comfortable to see it. Travel into the corridor. When you go through the entrance, you see Juliano (me), Tomar, and Helio-ah waiting for you. Choose who you feel most comfortable with at this moment. Take that being's hand, and travel together through the corridor at the speed of thought. This corridor goes through the third and fourth dimensions. We do not stop at the fourth dimension. We go directly to the fifth dimension. [Tones] "Ta ta ta ta ta ta ta."

It is beautiful to travel through a corridor at the speed of thought, which is much faster than the speed of light. We arrive at the destination and see a beautiful lake with a dome over it. It is the crystal lake. Sometimes we call it the crystal temple.

You see the magnificent, sparkling light from the crystal even though it is underwater. It radiates a brilliant, powerful, healing spiritual light that is penetrating and relaxing. Your etheric form goes through the dome. You see 1,600 Earth-incarnated Arcturian starseeds who have fifth-dimensional bodies at the lake. Intuitively, you see your fifth-dimensional body. Go there. Go directly to your fifth-dimensional body, about 6 feet above it. Take a moment to align with it. At the count of three, drop into your fifth-dimensional body. It will be a smooth transition — one, two, three.

You are now in your fifth-dimensional body, and you notice you have a multidimensional awareness that you did not have in your Earth body. You see things in dimensional and visionary states you have never experienced before. Your vision is much more powerful. Your knowledge of yourself and your soul dramatically increases. Your powers of healing dramatically increase, and most important, you can feel and experience the collective thought field of the 1,600 Arcturian starseeds here now. Some are fully present, and some are in their fifth-dimensional bodies without their third-dimensional counterpart. You are here in both your fifth-dimensional and third-dimensional selves. You have the heightened ability to connect through this powerful collective thought field of the Arcturian group of 1,600 Earth starseeds. [Tones] "Ey ey ey."

I, Juliano, raise the crystal above the water. The feeling you experience is comparable to the overwhelming and remarkable excitement you would have if you were out whale watching and suddenly a huge whale breeched in a beautiful, dynamic arc. This is a partial description of the power of this crystal. It is rising 100 feet above the water, 200 feet above the water, and now 300 feet above the water. [Chants] "Oooohhhh." It emanates fifth-

dimensional light in a 360-degree space. Each of you is bathing in this healing, powerful light from the crystal. Now we will go into silence as you blissfully integrate with this energy and light. [Pauses.]

The crystal's power intensifies in two ways: The first is by rising out of the water, and the second is by increasing the brilliance of the part out of the water. I, Juliano, am increasing the brilliance. Use this intensity, and receive it in your third eye. Use this energy to directly experience the benefits of the 1,600 Arcturian starseeds participating in their fifth-dimensional bodies who surround this lake. If you feel a special connection to Helio-ah's group or to Tomar's group, please connect with this subgroup. There will be great benefits for you. [Tones] "Oooohhhh." Gather healing light and higher thought forms from this crystal.

Now return to Earth. Bring with you as many spiritual energy qualities that you are able to receive to transfer to your third-dimensional body. Receive in a special way the energy gifts of knowledge, healing, and higher thought forms so that you can bring them to Earth.

I, Juliano, lower the crystal into the water. I see all of you shimmering brilliantly in your fifth-dimensional bodies. I see this huge energetic connection in this beautiful circle around the lake emanating unity of consciousness and unity of light. Prepare to leave your fifth-dimensional body on the crystal lake on Arcturus, knowing that you have made a powerful thought connection that you can return to energetically at any time while you are on Earth.

Raise your spirit body out of your fifth-dimensional body. I see that as you rise from that body, your astral body has a brilliance that it did not have when it came here. You rise above the lake. Travel over the lake, and see me, Helio-ah, or Tomar — whomever you desire to travel with. We will take you back to the corridor. We are all together in the corridor, and now we travel at the speed of thought back to Earth. [Tones] "Ta ta. Oooohhhh."

We come through the corridor at the speed of thought, and you are back above your room in your dazzling astral body filled with fifth-dimensional light. This astral body goes 6 feet above your third-dimensional body, and you say, "I will reenter my body in perfect alignment at the count of three." One, two, three — reenter in perfect alignment. Take a deep breath.

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I am truly amazed at all the healing light and higher thought energy you

have brought back with you from this experience. Most important, you are bringing the powerful connection to the Arcturian group thought field. In unity and starseed brotherhood and sisterhood, I welcome you into the thought fields of the Arcturians.

Chapter 15

Prepare for the Intersection of the Dimensions

Juliano and the Arcturians

The third dimension interacts with the fifth dimension. Thus, what the guides and teachers do on the fifth dimension influences and affects the third dimension, and what you do on the third dimension interacts with and affects the fifth dimension. It is not a one-way street; it is an interacting energy. It is important to understand this interaction because the world is not static, nor is the relationship between the dimensions. It is an energetic force field that continually updates both sides.

The Third Dimension Is a Glimpse into Creator's Mind

This may come as a surprise to you, but many of you have been in the fifth dimension already. You had a need to get a new perspective. On the third dimension, there is great interest in fifth-dimensional work and fifth-dimensional beings. At the same time, some fifth-dimensional beings are interested in exploring the third dimension. This interest leads us into a deep level of galactic and Arcturian spirituality. I also believe that it relates to much of Earth's spirituality. The Creator is hidden, so there is no way to directly experience or know the Creator. There's no way to describe the Creator in your logical mind. One method of learning about the Creator is through studying creation and its workings. This explains in part why

scientists and astronomers are interested in learning how the universe began. The study of the beginning of creation is really a study of the mind of the Creator.

The third dimension was the newest and last part of this creation, the "newer" part of the universe or the multiverse and the last part of the dimensional creation that has been formulated and developed. This is like saying, "Look, the Creator has made a new dimension! We are interested in learning about this new dimension even though we are in a higher dimension." It is of great interest for fifth-dimensional beings to learn more; therefore, many of us want to come to the third dimension and experience it.

There are several important reasons that beings on the fifth dimension want to come to the third dimension: This is the latest dimensional development in the creative dynamics of the multiverse. The third dimension offers unique opportunities to gain understanding of the mind of the Creator and to be closer to the Creator. Furthermore, there are special portals and corridors and other unique opportunities on the third dimension that generally help us to understand the multiverse. This is not the only universe. This is one of the universes that contain the third dimension. The third dimension offers something unique to each soul. Of course, with your experience as a fifth-dimensional being, you have an advantage over those who are in the third-dimensional reality only.

Not everyone understands the fifth dimension, and only a few have been on the fifth dimension before. There are many beings who have incarnated on Earth and have never been on the fifth dimension. There are many beings on Earth who are newer souls and have never been on other planets or dimensions. It is a unique and advanced state to travel from the fifth dimension to the third dimension.

Traps have occurred over the many millennia when fifth-dimensional beings from the Pleiades, Arcturus, or Andromeda — or the Sirians or the Antarians — have sent students to Earth to experience the third dimension. While these students were in the third dimension, they became karmically involved with people. In some cases, they fell in love with earthlings. In other cases, they made mistakes and became overly involved in some of the problems and tried to repair the planet. By doing so, they broke karmic rules and became trapped in third-dimensional karmic cycles and began to reincarnate on Earth.

I have trained many fifth-dimensional students how to participate on

Earth, identify some dangers in the third dimension, and avoid some of the pitfalls. There are some very attractive energy fields on the third dimension that overwhelm people. We all know the beauty of the third dimension. We all know the excitement and high energy possible in this dimension. One of the main components of leaving the fifth dimension and coming to the third dimension is being cut off from the unity consciousness. On the third dimension, you lose the sense of the soul's eternalness. You also lose the sense of understanding for and feeling of the unification of All There Is because the third dimension is a plane of duality.

Opportunity Lies in Dimensional Interaction

There is ongoing interaction between the third and the fifth dimensions. Some of you are surprised to learn that the third dimension can affect the fifth. There is a dynamic and magnificent opportunity coming to this planet that I call the intersection of the dimensions. Think of two large spheres that intersect at the top of each sphere. A part of the third dimension is in the fifth, and a part of the fifth is in the third. This intersection functions as any intersection does. The most important part of the intersection is that you can travel right through it. It is a great opportunity because the intersection allows clear passage from one area to the next.

Primarily, you and I are most interested in you traveling through the intersection so that you can go into the fifth dimension. But there will also be fifth-dimensional beings coming into the third dimension with special powers and energy. Therefore, there will be a greater opportunity to download fifth-dimensional energy into the third dimension. The masters will have special access to the third dimension to do repairs and to uplift and interact with the starseeds and other higher spiritual beings. What an exciting time and opportunity! And right now, we are on the brink of this intersection.

Many of the brothers and sisters throughout this galaxy have interest in Earth because of the intersection of the dimensions, which is an event similar to the solar eclipse. The solar eclipse [August 21, 2017], in part, represented a reset, allowing a greater participation and opening in the intersection of the dimensions. People travel to view solar eclipses. There is much scientific information that can be gathered through an eclipse. The scientific observation of a solar eclipse at the end of World War I proved one of Einstein's theories about the bending of space and time.[1] Likewise, there are

certain measurements that can be made galactically only when there is an intersection of the dimensions.

A great opportunity that occurs at the intersection of dimensions is the ascension. It takes a special spiritual energy and light to ascend. Why? The ascension requires that you transform the structure of your nervous, hormonal, mental, and emotional systems into a lightbody form. This means a dramatic, intense, and high vibration must be used. Such a vibration is presently beyond your personal abilities. At this point, you do not have the ability to generate the high spiritual frequency necessary to move your body into the lightbody form on your own. You need a boost, an extra energy. And the intersection of the dimensions means that a special frequency boost of light is going to enter the third dimension.

The Fifth Dimension Compares to Sunlight

The Sun is 93 million miles from Earth, yet sunlight is still strong enough to illuminate the planet and provide all the energy necessary for photosynthesis and all life forms in the biosphere. New technology uses solar panels, which absorb and convert sunlight into electricity. But you have to have solar panels to use the sunlight this way.

Too much sunlight on your planet can also be destructive if you're not protected. For example, in high-desert areas, the sunlight is extremely debilitating. You need to cover yourself or have some kind of shelter to prevent damage to your body.

Very soon there will be a huge influx of higher spiritual energy into this planet at the intersection of the dimensions, and to use that spiritual energy, you need spiritual technology just as you need solar panels to process the energy from sunlight into electricity. You need spiritual resources so that you can process and use this highly charged ascension light. Our lectures and training are focused on helping you to be vessels for this light and to use this light to transform into your lightbody at a moment's notice. When you are in your lightbody, you can direct yourself out of this body and dimension into the fifth dimension.

What are the spiritual technologies for the ascension? There is bilocation, which is the ability to section off parts of your spiritual essence or astral/etheric body, and send it to another location. This is perhaps one of the most profound and important technologies necessary for using the energy for

you ascension when the intersection of the dimensions occurs. In bilocation, you energetically visualize your etheric body, and then you project that etheric body outside your physical body. Bilocation can be compared to astral projection.

Your astral body is attached to your body by the astral cord. In bilocation, you place as much of your essence as possible into that etheric/astral body. For training purposes, I have designated different percentages of your consciousness that can be projected into your astral body. For example, you can say 2 percent of your consciousness is in your astral body, and 98 percent is in your physical body.

I gave lectures and descriptions about Jesus (Sananda) on the cross. I explained that only a very small percentage of his consciousness was in his physical body, and he could thought-project, or bilocate, to his lightbody and to a safe location. He had bilocated more of his essence — 90 percent or more — into a second body. The practice of this astral projection is important in preparing to use the spiritual energy that is coming to you. You want to have the ability to place as much of you as possible into that astral projection.

To help you practice this bilocation, we, the Arcturians, have provided the crystal temple, also known as the crystal lake, for your use and training. This is a fifth-dimensional lake that was provided by the Arcturians for Earth's starseeds such as you. It has enough room on its shore for 1,600 lightbodies. We have allowed and helped to create spaces and places for your astral body to project to a fifth-dimensional location. Part of your fifth-dimensional body and self can permanently reside near this lake. Visualize yourself as an astral projection living there. I have helped to provide this permanent place so that you can practice sending your lightbody to your fifth-dimensional lightbody. You could also bilocate to different places on this planet. For example, you could be in your office or home and in another city.

Effects of the Intersection

There could be other beings and even other energies of a lower nature at the intersection. It is not just the starseeds who know about the intersection. Lower beings could try to attach to some people. There might be roadblocks and accidents there. We are helping with Sananda to oversee the intersection of the dimensions. We acknowledge that the intersection could allow lower light from the third dimension into the fifth dimension. We in the fifth

dimension have to be prepared to absorb and process that lower energy. I want to be clear that when we confront lower energy at the intersection, we process it and return it in a purified form to Earth.

What could happen to Earth at this high-energy exchange point of the dimensions? One prediction is Armageddon: The energy from the intersection is so intense that not everyone can process it. This high energy could create an imbalance, and people might act irrationally. A downpour of high spiritual light can create problems, confusion, and chaos among people who are not able to assimilate such energy. Thus, people become more unbalanced, and leaders could make unwise decisions that could lead to war. If you have too much energy, even though it's light fifth-dimensional energy, you still can become unbalanced. Spiritual energy has to be prorated, and it has to be digested and filtered in a way for you to deal with it.

Many people are not spiritually minded on this Earth. They are also being exposed to this intersection of the dimensions. Although one possible outcome could produce more chaos for some people, another is a wonderful ascension. Beings like you who are prepared to interact with the fifth dimension and travel and bilocate to the fifth dimension could have a mass influx of enlightenment. Again, I point out that many masters and teachers are also going to travel from the fifth dimension into the third dimension during this intersection.

The Ascended Masters Will Direct Light Energy to the Proper Places

The intersection will last between twenty and thirty minutes. This might seem to be a short period, but the ascended masters have to consider how much energy Earth can tolerate. If the intersection lasts too long, it might cause destruction on the planet and in the planetary systems. I see several turning points or opportunities for this intersection. One is in October, and others are in 2019 and in 2021.

What if you experience the intersection and decide to return to Earth? There is a possibility that you will experience a wonderful upliftment, a wonderful feeling of enlightenment, and you might have a desire to provide Earth with a new level of service. Remember, some of you are fifth-dimensional beings who came to the third dimension for a variety of reasons,

such as to make scientific observations or to provide service to Earth. There must be people who can receive spiritual energy and who know how to use it and direct it here on Earth.

A key component of the intersection of the dimensions is focusing and downloading spiritual light and energy into its proper places. There are places where you can experience the intersection more easily, such as in the ladders of ascension, at sacred spots around the planet, and near the Arcturian etheric crystals. It takes a core of people to direct and download this higher fifth-dimensional energy coming to Earth. This is why I say that the ascended masters will participate in this intersection.

This participation is also part of what you know as first contact with the higher fifth-dimensional beings. The ascended masters can help direct and interpret the use of the spiritual energy and the spiritual forces. Earth does not have strong enough spiritual leadership to direct and use this energy to the highest benefit. We speak of the coming of the ascended masters and the first contact because they are fifth-dimensional beings who are a necessary part of this spiritual intervention. They are helping to provide a stairway for higher-dimensional beings to come to Earth.

Meditation for the Light from the Intersection

Please now visualize the two-dimensional spheres as intersected. A great stairway of light is opening. As the stairway opens, higher fifth-dimensional masters descend. They include masters from the Pleiades and the Arcturians. They bring accelerated corridors to help you assimilate the light intersection. This is the light of ascension, and it also repairs Earth. It is paving the way for more open and direct communication between the third and the fifth dimensions. [Tones] "Oooohhhh, oooohhhh." The doorway is opening, and most important, the interaction begins between the two energy forces from the fifth and third dimensions.

Visualize yourself at that intersection. You can thought-project yourself to that point. You will have the power to accelerate your third-dimensional body so that it goes into its fifth-dimensional form, allowing you to bilocate. Shimmer through the dimensional intersection corridor. [Chants] "Tatatatatatatatata."

You can experience the highest pulsing of your aura in preparation for being transformed through the intersection. At that point of the intersection,

your aura will begin to vibrate at an extremely high speed. Your frequency will be raised and will respond sympathetically to the higher light coming in. As that frequency shift occurs, all those powers, such as bilocation, will increase to your highest potential and beyond! I, Juliano, and the rest of my Arcturian team will be there at the intersection to help and encourage you.

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1. For more information on the data collected during the 1914 solar eclipse and how it supported Einstein's theory of relativity, see www.space.com/37018-solar-eclipse-proved-einstein-relativity-right.html.

Chapter 16

Assist Earth’s Ascension

Juliano and the Arcturians

Each of you has a special part to play in the ascension. Many of you have incarnated at this time to participate and to work with the ascension energies. How best can you do your part? How can you bring forth this energy? It is true that you and the ascended masters are participating in the attraction and integration of the ascension energies on planet Earth. The ascension could not occur without your participation. Even religions on your planet indicate that there must be readiness and receptivity for that higher energy to integrate and interact with this dimension. The higher energies do not intersect in a vacuum; they intersect based on the receptive energy that is being established by starseeds.

I do not want you to have the misconception that the ascension occurs spontaneously and coincidentally. No! The ascension energies and process occur because of the participation of starseeds. By creating the attractive force, you and other starseeds help find a place for the ascension energies on Earth.

The Sphere of Influence

The sphere of influence is unique to each person. Some of you have small spheres of influence, and some of you have large spheres of influence. Fortunately, it is not a contest. Rather, you have to acknowledge your uniqueness. In a few cases, the sphere of influence might be limited to one person and his or her pets. In some cases, one person might lead 1,000

people. Or your sphere of influence might just be to your family. Your sphere of influence could simply be to the area you live in and the light you bring.

Whatever your sphere of influence, use it. Whatever your sphere of influence, acknowledge it and realize that you are playing a key role in elevating it. As you become more comfortable with your work and yourself and you accept your expertise as a planetary healer and an ascension worker, your sphere of influence will grow. Your faith and acceptance of your role and who you are and what your abilities are determine your sphere.

You are students of the ascension and higher consciousness. As a galactic worker, you come to this planet to assist. You might be here to learn how to have a greater sphere of influence through channeling, writing, teaching, or helping others. It all contributes to building a core group. A core crystallizing energy field from a number of people creates the optimizing elicitation of the interaction with the ascension.

Higher Consciousness

The second level of ascension work is higher consciousness and humanity's evolution. I have referred to the next level as the omega man or woman. I think you and I can agree that we are not seeing the highest prototype on Earth at this time based on the dualities, polarization, and conflicts that are occurring. Some leaders are acting very childishly and dangerously. Starseeds know that there is an evolutionary crisis on Earth.

The next step in humanity's evolution is the expansion of the mind to the fifth dimension. Remember, the laws of the fifth dimension are different from the laws of the third dimension. You might find opposites attract in the third dimension. However, in the fifth dimension, the law of spirituality states that like attracts like.

Because you are doing fifth-dimensional work on Earth, it will attract like-minded people. As you do that, a core number of higher beings like you are coming together to create the necessary energy field to help attract the ascension and to facilitate the manifestation of the omega being on this planet. What a great contribution you can make toward the ascension! The more fifth-dimensional consciousness that is here, the easier it will be to attract the ascension.

Our discussion with you, the starseeds, focuses on the development of 40 groups of 40 around the planet. Each group will have a unique energy, a

unique sphere of influence. At the same time, each group will hold the energy and light of the Sacred Triangle, a higher paradigm that teaches the unification of three types of spirituality. Galactic spirituality includes the spirituality of the Arcturians and the Pleiadians.

The white brother-/sisterhood includes the teachings of higher ascended masters such Sananda, Sanat Kumara, Archangel Michael, Vywamus, and P'taah. It also includes all the eastern mystics, such as the Buddha and Quan Yin. These two energies are combined with the energy of the native peoples and their unique contribution to telepathically communicate with the spirit of Earth. This paradigm will create a unity of consciousness that will help form 40 groups of 40.

These groups will develop a special mandala of spiritual power. It is like a transcendent, alchemical force whose total is greater than each part when 40 groups of 40 emerge, and 1,600 people become the basis for the core ascension energy for this planet. It is hard on Earth to develop spiritual oneness and unity in a group, so 40 groups of 40 will emerge as a key component for the ascension. The ascension will help raise the spiritual light-quotient energy field of this planet.

Earth Aura Exercise

Visualize the Blue Jewel, Earth, as seen from the Moon. Visualize this beautiful planet with water suspended in the solar system. Earth has an aura just like you do. See Earth's aura. When you see it, notice a pulse around it. This pulse vibrates with great energy in anticipation of the eclipse. The vibrational energy of the ascended masters fills the aura with higher light and energy, and the outer edge of Earth's aura begins to shimmer. [Tones] "Oooohhhh." Earth's aura shimmers with great frequency, great resonance, especially as we near the intersection of the fifth dimension with the third dimension.

See the fifth dimension as a sphere intersecting with the sphere of the third dimension. Earth is inside the third-dimensional sphere. The third- and fifth-dimensional spheres intersect in a dynamic and powerful way. We will go into silence now as you visualize this intersection. [Pauses.]

Now visualize that we are sitting in a gigantic circle of light above the planet Earth and our light — our power of attraction — is bringing down fifth-dimensional light. As you sit in your etheric body in this circle, look

down to see your physical body on Earth shimmering, vibrating, and getting ready to ascend.

This is the age of new prophecy and new spiritual understanding for Earth. You are part of that new spiritual insight and knowledge. You are free, at any time, to join this great circle of energy above Earth and to experience your multidimensional presence as an Earth starseed worker and as a participant in the group ascension energy. Some call this energy above Earth the ring of ascension, a halo of light that interacts directly with the fifth-dimensional masters. I bless each one of you in the ascension light.

Chapter 17

The Importance of Spiritual Calibration

Juliano and the Arcturians

We are well aware of the dramatic and rapid changes occurring on this planet. Perhaps it is difficult for everyone to integrate them. These changes include reactive energies from the sixth planetary extinction you are experiencing. This is an evolutionary crisis for the *Homo sapiens*.

Earth is attempting to rebalance herself, and you are seeing the reaction to these planetary and cosmic changes. One of the main points in biorelativity is that Earth possesses a feedback loop system that presents an opportunity for self-regulation — the ability to seek homeostasis, or balance. The homeostasis process is seen in biological science even in amoebas, in which the single-celled organism always seeks a balance.

We see Earth as a living, spiritual being even though it is a materialistic planet, and humans are not victims of Earth's reactions or adjustments but rather participants. Earth notices and reacts to what humans do. Earth is very aware of the fact that there are 7 billion people on her surface and that the activities are filtered through Earth's feedback loop system. This is why we initiated biorelativity many years ago; we knew it would be a process in which humans could participate.

You are all aware of areas flooding, such as in India, Pakistan, and Bangladesh, and attention has also been focused on the Houston area and the Gulf as dramatic changes in weather patterns are occurring in which unprecedented moisture has concentrated. How can you understand these

changes, and what, if any, lessons can be gleaned from these horrific storms?

There are several major events in the Gulf we need to remember, such as the pipeline oil leak less than a decade ago. Perhaps it is but a memory to some of you, but it was a significant event in the history of the habitat and the biosphere energy field of the Gulf. Also, there is the dead zone around the Gulf. Why would that fact be of any significance? Everything is connected. There are no accidents, and the storm in Texas particularly [Hurricane Harvey] did not occur randomly but rather as a reaction to Earth's attempt to cleanse and balance herself.

One aspect of biorelativity focuses just on the observation that Earth is attempting to rebalance herself. But humans might not care for these attempts. People do not want 50 inches of rain in their towns. That is not a desirable event, but if you look at this from a higher perspective, especially in consideration of the dead zone, there might possibly be some sense of what is happening to Earth and what will continue to happen, such as to the oceans, which are in danger of dying. The Gulf of Mexico is also in danger of dying, and the spirit of Earth, Gaia, does not want this.

A tremendous amount of farming occurs along the Mississippi River, and the farmers are using large amounts of fertilizer in the soil, and some runs off into the Mississippi River. This includes high rates of nitrogen and other chemicals and pesticides used in the production of agriculture in America (and certainly other countries). The Mississippi River is filled with these fertilizers and chemicals, and they are discharged into the Gulf of Mexico, where they deplete the oxygen in the water. A dead zone is created when there is no oxygenated water because no life can exist.

The Gulf of Mexico has been in a crisis, especially since a major oil pipeline blew out [**channel's note:** the Deepwater Horizon or BP blowout in April 2010], and it has struggled to recover its balance, energy, and meridian flow since that accident. The recovery has not been a dramatic success. The discharge of fertilizers and the dead zones created by the deep oil spills have led to the decline of the life force energy in the Gulf. Of course, this is not being reported in the mainstream media. How will Earth react?

Remember that Earth is aware of everything happening on her surface, and the Gulf of Mexico has played an important role in the biosphere. Some of the ocean currents from different parts of the Atlantic come through the Gulf and travel up through Europe and other places. Major currents pass through the Gulf and could take four years or more to complete their cycles around

the planet. The recent hurricanes are, in part, Earth's reaction to the dire situation in the Gulf and the oceans.

There is a great deal of energy used in Earth's attempts to rebalance herself. Some of the rebalancing occurs through distributions of ocean currents and waterways. But remember, Earth's attempts at doing this are not always viewed for humanity's good.

Ocean Reserves of Light

When Earth reacts, you can learn that one event cannot be viewed in isolation but rather as a series of reactions. Earth and humanity are still in stage one of planetary development, which means that Earth has sometimes very dramatic and primitive reactions.

Some imbalances are more dramatic than what we've described. This is one reason we spoke to you about Fukushima. We saw that the overall danger was not just to Japan; the radiation patterns entered ocean currents that traveled around the world. Those ocean currents travel to Australia, the California coastline, the Mexican coastline, and even South America.

We have been doing spiritual biorelativity planetary healings to filter the radiation, but it becomes more difficult to do such techniques when there are dead zones in the ocean. There are dead zones in many parts of the oceans around this planet. Therefore, filtering is not the best choice for healing because there is nothing to filter since everything is dead. In the Fukushima radiation problem, you could focus on filtering the radiation and working to assimilate around the ocean areas in Japan. But where there are dead zones, it becomes very difficult. The existence of dead zones throughout the oceans is still a well-kept secret.

Many of you have wondered why some of the whales or dolphins in the oceans have been committing suicide. When the whales or dolphins swim into these dead zones, it can be extremely disorienting to their nervous systems. This creates erratic thought patterns that are difficult for them to rebalance. I'm glad to hear that there are some sanctuaries in areas of the planet, and we certainly want to support the Ocean Reserves of Light project [**channel's note:** a special Group of Forty project for establishing sanctuaries around the planet] to the highest level because reserves are eventually going to become important in keeping the oceans alive.

Necessary Calibrations for Spiritual Light and Energy

Another important subject is calibration, and this includes personal and planetary calibration. Calibration refers to the alignment of energies from higher sources. Those energies need to be calibrated or modified in such a way that the lower energies on Earth can accept and process the energy being given to it. When we compare higher spiritual light to electricity, for electricity to be useful, transformers must be in place to step down the voltage so that it can be processed and used safely inside your homes. Your homes cannot handle 5,000 volts of electricity. It has to be transformed, downsized, or recalibrated so that your homes can process the electrical power. It is the same phenomenon with spiritual light and spiritual and planetary energy. Your personal ability to receive light and energy is a key factor in this process.

The inability to calibrate or receive high-frequency light can result in confusion and even disorientation. In some cases, people could even become overwhelmed and perhaps faint or lose consciousness. It is important to know how your ability to receive energy is doing, and it's also important for the masters, including the Arcturians, to calibrate the energy that comes down to you so that you will be able to process and use it. It does not make any sense to send a high-frequency beam of light to a group of people who cannot use it.

One of the discussions occurring in the fifth-dimensional realm is that Earth needs an intense and higher spiritual light. But can this light be received on Earth? There is a need for a tremendous awakening and downloading of energy so that there can be a mass transformation on this planet. At the same time, we recognize that humanity doesn't have the ability to receive this higher light.

Among the 7 billion people on this planet, we still find a minority of starseeds. We estimate that there are 2 or 3 million starseeds on Earth right now. That number is increasing, but it is still a small percentage of the total population. Of course, it's their ability to process light that is most important. In our opinion, it's better to have 1,600 highly talented starseeds (40 groups of 40) who are resonant with the high energies and who are solid lightworkers working together to download energy than to have 5,000 who are scattered and unable to focus on downloading and spreading spiritual

energy around this planet.

There is a history of this concept of calibration and how to use higher energy known as the Messiah energy, or the Messiah light. It is a healing light that will bring a new balance and a New Earth to humanity. Throughout the history of the Western religions, there has been much discussion about the Messianic light, and one general conclusion is that there needs to be an overwhelming commitment of a group of people who are "sin-free" and who can receive and calibrate this Messianic light. It is a transformative light that is above cause and effect. It is above karma and can instantly remove many karmic blocks. Many of the karmic involvements and dramas that you are seeing now seem endless and have no apparent solution.

Think about how difficult it would be and what kind of technology would be necessary to separate radiation from water. There was Dr. Emoto [**channel's note:** author of *The True Power of Water*], who had downloaded light from the ascended masters and learned how to cleanse water. His teachings were extremely well received, but he was not capable of mass-producing his techniques. To purify all the water in the world would require a huge download of energy and light that up to this point has not been available. To be globally successful, this requires a method that can overcome the huge crisis in the water systems of this planet.

Religious prophets believe that there was a necessity to create a readiness to receive and process Messianic light. In the Kabbalistic literature, rabbis talked about the thirty-six special men who hold the light of the planet together. These are hidden men. [**Channel's note:** They are referred to as the Lamed Vovniks. *Lamed Vov* are the Hebrew letters representing the number 36. The word *vovniks* sounds like the word "beatniks" but with the "vov" sound.] They were special, wise, and spiritual people who could hold and process sufficient light to keep this planet together. Now we're in a time when 36 are not enough people to hold the planetary energy together. This is why we began to talk to you about 1,600 special people who would have the powers to process, receive, and calibrate fifth-dimensional light on Earth.

Spiritual Earth

Earth is a spiritual planet. This statement might surprise you given the incredible evilness you see on this planet. Many destructive forces are being unleashed on Earth. Governments are unleashing destructive forces also. We

are particularly concerned about the effect of the political crisis with North Korea and the overwhelming possibility of nuclear destruction on this planet that has not been seen in modern times.

There have been mass destructions on Earth at earlier points in history. Some mass destruction was accompanied by mass extinctions. You are experiencing the sixth mass extinction. There were five other mass extinctions, including the most famous one in geological history, the dinosaur. That was a cosmic event, and also underscores the fact that Earth interacts with the cosmos.

There has been no systematic attempt by Earth to deal with the dangers of cosmic energies coming to this planet. Ignoring or failing to act against cosmic events striking a planet is part of what I call stage one of planetary development, in which you are a victim or just reacting to cosmic events. In stage two of planetary development, you begin to react, take control, and respond to cosmic events to ensure the safety of the planet. Earth is still very far away from such a response.

One observation that Earth is a spiritual planet is the tremendous amount of spiritual work and exploration that has occurred here. I know that there are many differences in religions and that it's dangerous at times to speak about religious views. But let's put that aside and say that the proliferation of so many different religions is an example of the spiritual light and freedom that exist on this planet. Many religions have offered unique perspectives that are creative and insightful.

Earth is a freewill zone, and one of the reasons the ascended masters and other higher-dimensional beings are interested in Earth is because of the unique perspective and freedom here. Living on Earth gives you opportunities for spiritual awakenings that are unique to this planet. This may be surprising to you, especially since I've pointed out that there are many planets in the galaxy and some have achieved high spiritual and technological wisdom. Yet there is something unique about the Blue Jewel, and there is something unique about being here.

Some spiritual masters describe the Tree of Life, or reincarnation, the Messiah, the great Tao, and higher-dimensional beings visiting the third dimension. I am just mentioning a few. Certainly the mystical revelations that have occurred on this planet are astounding. In a very short time in the history of *Homo sapiens* (in the past 3,000, maybe 4,000 years), there have been amazing mystical revelations about the nature of reality and

consciousness occurring on Earth now. Yes, people in the future will look back at this time and say that Earth has gone through a terrible period of potential self-destruction. It will be noted in future generations that Earth almost destroyed herself and almost destroyed the biosphere. But they will also look back and say that over the past 3,000 years, and even now in the twenty-first century, many prophecies have occurred.

Fear of Losing Individuality

Higher, more intense spiritual energy needs to be brought down to Earth. There is still not a strong enough foundation to receive and process this energy here. And I've often used the words "spiritual resonance." There has to be a spiritual resonant frequency in which both sides, the higher and the lower energy, are comfortable meeting and working together.

One of the unresolved conflicts within spiritual groups on Earth has been the fear of losing individuality. In many cases, the history of spiritual groups on this planet has been filled with a great deal of danger and uproar. For example, spiritually minded people, especially in Europe, are often hesitant to join any kind of spiritual group because of their political history of group energy during the 1930s and 1940s.

The misuse of group energy for spiritual reasons has also occurred throughout the Middle Ages, Roman times, Greek times, and so on. There is a fear of losing your individuality when working as a group or turning over your light or your support and energy to a group or a leader who could misuse that power. There could be a hesitancy now to spiritually unite globally. Each religious culture and historical experience could be lost in a merger.

Imagine an individual symbolically as one drop of water. When that drop of water becomes part of the ocean, then the individual drop loses its identity because it merges with the greater ocean. The drop of water feels the overwhelming presence and energy of the ocean, and a great feeling of enlightenment and joy occurs. For the drop of water, it is not really a loss when it merges with the ocean; rather it is a gain. But from the small mind perspective, the drop of water had lost the individuality because it has merged with the ocean.

Giving up individuality through merging is one of the fears of joining unity consciousness. One of the great blocks in unity consciousness is the

fear of losing individuality. But there is a solution, and part of that solution has to do with what I call the overself, or the oversoul.

The Multidimensional Self

There are many different levels of the self, including the multidimensional self. You are a multidimensional being existing on different levels. The most obvious level of multidimensional experience comes in your dream time, where you have a quite evolved and active life. I think every one of you would acknowledge that your dream lives are on a different dimension. But it's much harder to consider that you are having another lifetime on a starship. Some of you have even received information that you are commanders on a starship or that you live on another planet.

Part of the reason for the difficulty in accepting your multidimensional self is that you are living in a linear time concept on Earth. This makes it difficult for your mind to process multidimensional experiences. In linear time, you could agree and accept that in the nighttime, you partly are living in the dream time. In the daytime, you know that you are living on Earth time, and that is acceptable to your mind. But when we talk about the multidimensional self, we are also talking about the future, past, and interdimensional space selves. This level of multidimensional experience can become quite confusing, at least from Earth's linear perspective.

There are different levels of the self, including the lower, the middle, and the higher selves. The higher self is able to work with these multidimensional concepts and connect with the energy of the oversoul, or overself. The oversoul knows how to connect with the cosmic ocean. I will use the analogy of the drop of water again: The drop of water knows how to exist as a drop, and it knows the joys of being a drop. The drop of water has had experiences on plants or traveling around the world, falling from the sky, and so on. But the drop also has the ability of higher connection to the ocean. We can call this aspect of the drop of water (this sounds comical) the overdrop. The overdrop is the higher part of the drop that knows that it is part of this great cosmic ocean.

So it is with you. You have this overself, which is far above the mundane or the materialistic parts of you. It has the ability of expanded consciousness. There have been great moments of mystical revelation on this planet that have come through expanded consciousness. Mystics have gotten in touch

with their oversouls and their cosmic selves. This oversoul part of you is able to experience cosmic energy and unity consciousness. It can also be described as a cosmic unity consciousness.

Open to Galactic Spirituality

One of the key aspects in spiritual calibration of energy for humanity is to work with humanity's belief systems. In ancient times, higher-dimensional beings had fairly regular visitations with humanity. These have been recorded in biblical texts. One of the more famous biblical encounters was with Ezekiel, for example, but there were also examples of encounters with higher-dimensional beings in the Aztec world.

The Aztec interacted with Quetzalcoatl, a higher-dimensional being who served as a spirit guide for a large part of the Aztec population. Even though there were starbeing interactions, the people in these earlier times had limited conceptions of other planets, dimensions, star systems, or the galaxy. They did not have the belief system or scientific knowledge to process this larger universe.

They often referred to these experiences with other-dimensional beings as meeting the gods. Their belief system was such that higher-dimensional beings from other planets were gods. How else could they describe it? They could not say that these higher beings came from another planet in Arcturus.

Humanity's belief system has been recalibrated, and now in your modern society, there is an understanding of other dimensions and other parts of the galaxy. You can corroborate the visitations; you can corroborate what it is to have a first contact. You can understand that higher beings come from other dimensions. You have a belief system now that can process and interact with other-dimensional beings in a reasonable way. But you all know that there are people on this planet who will not accept higher-dimensional beings.

There are people who are not calibrated for this kind of interaction. It might be unimaginable for close-minded people to believe that Jesus has been on other planets. It is unimaginable for us to believe that Earth is the only planet that has life in this galaxy. Earth is not the center of this galaxy or this universe.

Starseeds on this planet can accept the first contact, and starseeds have an ability to interact with higher beings. Galactic consciousness will be opened up for humanity. Humanity will open up to the oversoul. Great teachings

have already been brought forth in the past 2,000 to 3,000 years to this planet. Now it is time to unite the energies of these mystical teachings and revelations with the galactic spirituality.

When you open to galactic spirituality, you will then open to galactic technology. You will open to the greater mind — to the expanded consciousness. We all know there is great need for expanded consciousness on this planet.

I, Juliano, send you my love and blessings — a special blessing to those people who are suffering from dramatic Earth changes around the world. Let the omega light shine on your consciousness. You are starseeds, and you are here to hold this higher light, to calibrate it. [Chants] "Oooohhhh." Receive now, to the best of your calibrated skills, the higher light that you need and can assimilate.

Remember, in calibration, you receive the light you need, and you receive and process the lessons to the best of your ability. You are only given lessons that you can ultimately handle. Yes, it's true that you are pushed at times, but in working with the calibrated energy, know that you are processing and dealing with all these things and that you have the inner resources to deal successfully with conflicts and challenges, even at this time of planetary crisis. We have the task of raising the spiritual energy of the planet as well as raising your personal spiritual energies.

Chapter 18

Sacred Healing Sounds and Vibrations

Juliano, the Arcturians, and Archangel Metatron

The use of sounds for attaining higher consciousness is well known throughout the spiritual communities on Earth as well as throughout the galaxy. How can we approach this subject of sound and vibration? I think the best way to look at it is to ask: Which came first, sound or light? There is a philosophical discussion in New Age physics: Does a tree falling in the forest make a sound if no one is there to hear it? This refers to the idea that sound vibration is an interaction with the human mind. Without the human mind's presence, the sound would not be heard.

A further paradox comes when you speak about light as particles or waves. If light is particles, then perhaps you see dots instead of the light. However, if light is waves, you would see the movement as a unit instead of the individual particles.

Is sound like a particle that stands alone, or does the sound consist of the vibration of particles? That brings us to the symbolic and philosophical question of which comes first, the sound or the vibration? Which comes first, the particle or the wave? This universe was first created with sound, so I take the position that sound preceded everything. Modern physics even has a name for the first sound: the big bang. It is with great amusement that we read your scientific journals. Modern scientists seem to agree that they can explain everything that happened up to the nanosecond right after the big

bang. Everything before that nanosecond does not fit the laws of physics. Scientists say they know there was a bang, but they do not know how it banged or why it banged. That raises the question of who heard the bang. The answer to that is the Creator. The Creator provided the interactional receiving energy necessary for the big bang to be heard because at that point, there was no one else in existence in this reality to hear it.

This leads us to words and sound and vibrations. What is the relationship between sound vibrations and light? In the Genesis creation story in the Hebrew bible, you read: "In the beginning," and then you read that there were words spoken by the Creator, and those words were "let there be light." This again tells you that sound preceded light.

The Psychology of Sound Healing

The vibration of sound is the basis for the creation of this universe and dimension. This has great significance for your spiritual work and our work with you. I know that many starseeds are interested in and study sound healing. How can a sound or tone heal? To understand that, we return to the paradigm that sound is a vibration. Everything in the universe vibrates. We can measure the vibrational frequencies of different objects. There is even a measurement of Earth's vibration. Each of you also has a frequency vibration that can be calibrated. Even each of your organs has a vibration or a sound. Your auras have vibrations and sounds.

I am happy to report that there is a special sound that will occur at the ascension. Some have referred to this sound as Gabriel's horn. One reason those words are used is that the sound at that moment will be strong and piercing. The sound of ascension cannot be described. You have never heard that sound before, but when you hear it, you will know exactly what it is, and you and your body will respond vibrationally to it. In fact, the sound can reach into the depths of your energy field in preparation for your ascension.

The psychology of sound healing can be used to destroy viruses, pathogens, and bacteria in the human body. You have heard about the opera singer who hits the highest note possible and shatters glass. There is a sound-healing technology that will be developed on this planet that is similar to the principle of the opera singer breaking a glass with a high-pitched note. The right tone, frequency, and vibrational energy emitted by the healer can eliminate illnesses.

It goes even deeper than this. Words spoken with the right intention and energy can heal. Many know through quantum healing work (especially that of Deepak Chopra) that the way a doctor talks to a patient can have a tremendous effect on the outcome of the treatment. If the doctor speaks positively and with hopefulness and high energy, the patient can very often tap into inner resources to begin the healing process. However, if the doctor speaks in a dismal, pessimistic way, then the patient might generate the opposite reaction. The words and tones can have a tremendous influence on a person's illness.

Think about the healing work of Jesus. In many of the healings that are reported in the New Testament, Jesus simply spoke certain words, such as, "Let him be healed." Speaking those words was enough to bring the necessary healing to completion.

The Sacred Sounds of Sacred Language

What is a sacred language? A sacred language contains spoken words of high energy that have unusual and profound powers to heal. Sacred words, when spoken with the right intention, have the ability to open chakras, change the vibrational field of another person's aura, and open and expand a person's consciousness.

Two sacred languages are Sanskrit and ancient biblical (or classical) Hebrew. These two languages are used in J. J. Hurtak's *The Book of Knowledge: The Keys of Enoch* [The Academy of Future Science, 2009]. Sanskrit and Hebrew are not the only languages that contain sacred sounds. Every language has them. But these two languages especially have sacred sounds that are very attuned to the energy field of higher, expanded consciousness. They have rich histories of spiritual energy and of expanding the consciousnesses of those who hear them.

An important skill in sound toning and listening with sacred languages is to focus on receptivity. The truth is that two people might hear sacred sounds, but only the one who is more highly advanced will respond to it. It is sad but true. Those who are of lower vibration are sometimes blocked and are not receptive to those sacred sounds. On the other hand, those like you, the starseeds, look for opportunities to activate and expand your consciousness. You are receptive to the higher sounds and tones from the sacred languages.

It is especially effective to meditate after hearing a sacred tone or sound.

Sacred tones and sounds are used for healing and clearing negative energy. Sounds can be used to clear negativity from your energy field. For example, imagine having lower entities attached to you. Sound can actually release the cords of attachment to them, and you will be freed of their negativity.

Sound Meditation

I begin this sound meditation with the Sanskrit word "Om." Please listen to the tones and sounds, and allow them to vibrate your energy field and open your chakras. [Chants] "Oooommmm, Oooommmm, aaahhh." During this sounding of "aahh," I want you to visualize the destruction of pathogens in your body, especially when we go to the higher octave. Also visualize the destruction of unwanted cords of attachments to your aura. [Chants] "Aaaa, aaaa." The first "aa" sound can be viewed as a loosening of the pathogens. When you think of the pathogen in your system, think of it as temporarily paralyzed. It will not be destroyed until we go to the higher octave. [He chants "ahahahaha" several times and then goes to the higher chord.] Allow the effects of this sound and these vibrations to move pathogens and other unwanted energies out of your body.

Now let us use sound to activate your third eye. [Chants] "Ooohhh, eyeyey, ooohhhh." I am now going to use the special Hebrew word to activate the crown chakra. The Hebrew word is "Atah." [Chants] "Ataaah, Ataaaah, Ataaaah, Atah, Atah, Atah." The word actually means "you." In this context, we are referring to the Creator. By chanting "Atah," you are encouraging the universal light to come through your crown chakra. [Chants] "Ataaaah. Ataaaah. Ataaaah."

We can work together to accelerate the vibrations of your aura by using the special sound "ta, ta, ta." Sound and vibration are joined together using "ta, ta." Visualize your aura in the shape of a cosmic egg. See the outer edge of the egg as a purple line, and then match the vibrational pulsing speed of your aura to this sound. [Chants] "Ta, ta, ta, ta, ta, ta, ta, ta, ta, ta." [Chants faster] "Ta, ta, ta, ta, ta."[Chants faster] "Ta, ta, ta, ta." [Chants even faster] "Ta, ta, ta, ta, ta, ta." [Chants in various speeds and volumes] "Ta, ta, ta, ta, ta." As your aura accelerates its vibration, in your mind, hear the "ta, ta, ta, ta, ta" sound. [Chants at various speeds and tones.]

Another sacred Hebrew phrase, "El na refa na la," can be used for healing. It was taken from the Hebrew Bible. Moses was speaking to his sister

Miriam, who had developed leprosy. He said these words, and she was healed. The words mean, “Please, God, heal her now.” We can say this healing phrase for both men and women. Even though you may be masculine, we can still say this phrase because of its rhythmic healing vibration. [Chants] “El na refa na la.”

As we chant these words, think of a part of your body that might be in need of a breakthrough healing. Visualize the glass of the opera singer. Maybe there is some part within the body that has a tumor or inflammation. Break through that energy so that it is neutralized. As I say these words, think about that part of your body or about your whole body in general, and receive the vibrational energy. It will go where it needs to go. This energy will vibrate your aura.

[Chants] “El naaaa refaaaa naaaa laaaa.” There is a rhythmic vibration when it is said quickly as a mantra. [Chants in various tones and speeds] “El naaaa refaaaa naaaa laaaa, el naaaa refaaaa naaaa laaaa, el naaaa refaaaa, naaaa, laaaa, el na, el na, el na, refa, refa, refa, na, na, na, na, na, na, na, el na refa, el na refa na la.” Let the part of your body that needs to be healed receive this vibration now. [Chants] “El na refa na la, el na refa na la, el na refa na la, el na, el na, el na, el na refa na la. El na, el naaaa, el na reeefa naaaa laa laa.”

Let us go into meditation again. Here the sounds of “el na refa na la” in your mind as you meditate. [Chants] “El na refa na la.” Let the light heal you now in the name of the Creator. El, please heal all now on planet Earth. Heal now Mother Earth, Gaia. [Chants] “El na refa na la,” Gaia.

Now we move to this special coded Hebrew phrase, “Holy, holy, holy is the lord of hosts.” This is more than just a hymn; it is more than just a prayer. It is said in conjunction with the Morning Prayer or the Standing Prayer in the religious service. The words are very sacred, and when said with the right intention, they allow people to go into the fifth dimension. We use this term to unlock the codes of ascension. Each of you has the DNA codes to ascend. It is part of your inheritance and your genetic structure.

To open or unlock these codes, certain sounds and vibrations must be used. There are many reasons for this. There is a protective seal around your vibrational energy field that is related to the ascension. You can access this energy during times of low emotions. The locked ascension seals prevent you from responding to these vibrations, especially if you are in a lower vibration. People of lower vibration who have hatred, jealousy, or evil intention could

not use or would not respond to this coded vibrational sound.

You are preparing and practicing for your ascension. When you hear these coded sounds of the Kadosh prayer, give permission for the deeper part of your mind to receive these tones and sounds. Let these words unlock the codes of ascension within your inner brain. The words used for the unlocking of the codes of ascension have beautiful meanings. “Kadosh, kadosh, kadosh” means “holy, holy, holy,” and “Adonai” means “my Lord,” one of the sacred names of God. The term “Adonai” is also a galactic word. It is the name of God used by the ancient Hebrews, and it is used by other galactic civilizations, such as the Arcturians and the Pleiadians. The Hebrew word “Tzevaoth” is translated as “the corps,” which is similar to an army corps. But we are not referring to the corps like a military army; rather, we are referring to a corps, or group, of angelic hosts. The angelic hosts are part of the corps of angels and ascended masters who work with the Adonai.

Receive these sounds. [Chants] “Kadosh, kadosh, kadosh, Adonaaaaiiii Tzevaaaaooooth. Kadosh, kadosh, kadosh, Adonaaaaiiii Tzevaaaaooooth.” Go into meditation, and let these sounds unlock the codes of ascension within you. [Chants] “Kadosh, kadosh, kadosh, Adonaaaiii Tzevaoth. Ooommm. Ooommm. Aummm. Aaaauuummmm. Ooommm. Krishna. Kriiiishna.” Let all unnecessary karma be released now.

This period we are now entering is an opportunity for deep releases of density, of stagnation. Let your aura release that which is unnecessary, release that which is stuck, and release that which is perhaps karmically accumulated. Now is the time to release.

Archangel Michael Speaks on Unity

My beloved students, lightworkers, workers of sacred light, we are gathered, as always, to find the sacred space and the sacred sound with every breath possible. Seek out sacredness, and you will be doing the right preparation for the ascension to the fifth dimension. The names of God are sacred for many reasons. The names contain vibrational tones and energy that help to unlock the codes of ascension, and they help you to connect with your personal power.

The sacred name I am going to teach you today is “God Almighty, the living God Almighty.” In Hebrew, it is “El Shaddai Chai.” Listen to these words, and you will feel great power because in all the soul work and in all

the planetary healing, it becomes necessary to assert your power. You hear Juliano often speak of the arcan power, which is a measurement of the thought power. To elevate your thought power, you need the power of El Shaddai Chai. Meditating on this name helps you gain personal power. [Chants] “Ell Shaddaaii Chaaii. Ell Shaddaaii Chaaii. Ell Shaddaaii Chaaii. Ell Shaddaaii Chaaii.”

Now we will conclude with the combination of Shalom with emphasis on the Om sound because Olam and Shalom are powerful sounds. Shalom means many things, for example, peace and unity. We want to unify with the higher world to come (in Hebrew this is “olam haba”). We also want to be part of the higher world here in the third dimension. [Chants] “Shaaalooomm. Shaaaalooommmm. Shaaaaloooommm.”

Use the sounds of Shalom as your basis for feeling unity with the fifth dimension and with the world to come. Unite with your higher self. Unite with the vibrational energy of your multidimensional self, and you will also be a vibrational source of peace. This energy will emanate from you.

Chapter 19

About the Arcturian Planetary Tree of Life

Juliano and the Arcturians

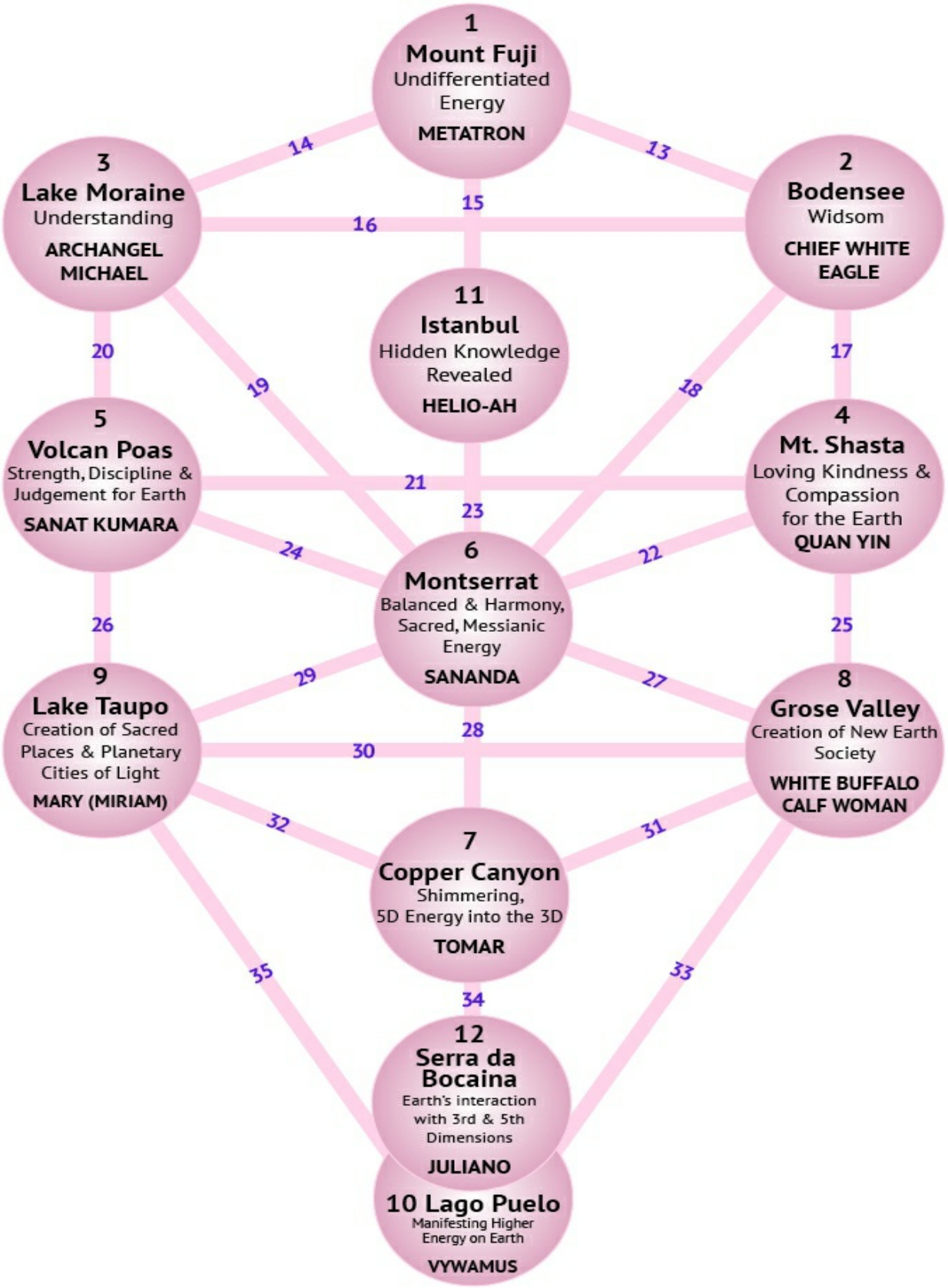
The Jewish Tree of Life has several powerful paradigms for personal healing. On a personal basis, it can be applied to soul development and even to the physical body. The Arcturian updates focus on a main Arcturian mission: to accelerate and expand planetary healing. The Arcturian Planetary Tree of Life is a map of how to help bring the planet into balance.

The Jewish Kabbalah offers the concept of repair, *Tikkun* in Hebrew, and Arcturians have expanded that to *Tikkun Olam*, which translates to "repair of the world." So in a sense, this expansion and application of the Jewish Tree of Life into a planetary Tree of Life system makes a lot of sense. I am excited to discuss and promote the concept of planetary healing through the Tree of Life system.

That it is called the Planetary Tree of Life [see figure 19.1] instead of simply the Tree of Life is an important distinction. I have even called it the new fifth-dimensional Tree of Life using the Arcturian etheric crystals on Earth. The idea is that the spheres interact to help bring the planet into the fifth dimension.

As has already been mentioned, we added two spheres. One is in the Kabbalah and is called the knowledge sphere. This sphere was not fully functioning in this world and therefore was not considered a full sphere. In the Arcturian Planetary Tree of Life, it is a full sphere. The twelfth sphere is an interactive sphere that represents Earth's interaction with the third and

fifth dimensions. So let us review the spheres.


1
Mount Fuji
Undifferentiated Energy
METATRON
2
Bodensee
Widsom
CHIEF WHITE EAGLE
3
Lake Moraine
Understanding
ARCHANGEL MICHAEL
4
Mt. Shasta
Loving Kindness & Compassion for the Earth
QUAN YIN
5
Volcan Poas
Strength, Discipline & Judgement for Earth
SANAT KUMARA
6
Montserrat
Balanced & Harmony, Sacred, Messianic Energy
SANANDA
7
Copper Canyon
Shimmering, 5D Energy into the 3D
TOMAR
8
Grose Valley
Creation of New Earth Society
WHITE BUFFALO CALF WOMAN
9
Lake Taupo
Creation of Sacred Places & Planetary Cities of Light
MARY (MIRIAM)
10 Lago Puelo
Manifesting Higher Energy on Earth
VYWAMUS
11
Istanbul
Hidden Knowledge Revealed
HELIO-AH
12
Serra da Bocaina
Earth's interaction with 3rd & 5th Dimensions
JULIANO
13
14
15
16
17
18
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22
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Figure 19.1. The Arcturian Planetary Tree of Life with numerical paths: Each sphere is associated with a spirit guide and sacred location.

The Upper Triad

The crown in the Arcturian Planetary Tree of Life is called the undifferentiated cosmic light. It interacts with and relates to cosmic energy. The normal mental capacity of humanity cannot completely understand this highly charged cosmic energy. [Recall the electricity example in chapter 17, p. 146.] Like high-powered electricity, the cosmic energy from the crown of the Planetary Tree of Life is so powerful that you cannot use it unless there is a way to step it down.

Undifferentiated cosmic light provides this high level of energy at the top of the Planetary Tree of Life, and as mentioned, Archangel Metatron is the spirit guide. In the Kabbalah, Archangel Metatron is considered the prince of the archangels and is often described as closest to the Creator. The Arcturians have described Archangel Metatron as overseeing the entranceway of the stargate. The stargate is the transformational station that ascended beings from Earth pass through on their soul journeys to the fifth dimension.

After going through this station, you will have the opportunity to be assigned to or to choose another fifth-dimensional planet. Ascending students must unlock various codes to enter the stargate. This sphere is represented geographically by Mount Fuji (1).

The second sphere is represented by the German lake known as Lake Constance, or the Bodensee (2). The spiritual energy of this sphere is wisdom, and Chief White Eagle is the spirit guide. Wisdom comes from an energy that seems to transcend the third-dimensional world and comes from a world of higher knowing. People have said wisdom originates from intuition, a form of higher knowing.

When contemplating wisdom, consider understanding, the sphere opposite wisdom. Understanding is knowledge that comes from direct experience in the third-dimensional world (as opposed to intuitively receiving wisdom from a higher transcendent source), and it helps you use wisdom. The geographical place represented by the sphere of understanding is Lake Moraine, and the spirit guide is Archangel Michael (3).

These three spheres are the upper triangle in the Arcturian Planetary Tree

of Life. Let us look more closely at this triad to learn about wisdom and understanding on a planetary basis. How are we to apply this triad to planetary healing?

Mother Earth has an inherent wisdom on how to keep things in balance. There is a planetary feedback loop system, and you need to use understanding and scientific studies of how to work with the planet to maintain that balance. When you use planetary healing techniques, what do you intuitively know about Earth? Think of it as an entire system. Many native peoples did. This planetary wisdom needs to be shared and used now to rebalance Earth. How? For Earth to survive with life on it, there must be people who can interpret and communicate this wisdom to the entire planet.

The reality is that the homeostasis that you need to survive comfortably on Earth is in danger. If Earth's biosphere were destroyed, humankind's comfortable environment would also be destroyed. But Earth would continue to live. If this biosphere continues to destabilize, humankind will not survive, and animals and plants will continue to die. This does not mean that Earth will die. Earth has the wisdom to continue. Tap into her wisdom. Understand how her systems work.

Some of the ocean currents are on 2,000-year cycles, especially those from Antarctica. Think about the short cycles of ocean currents and El Niño. When the water becomes warmer in the Southern Hemisphere, it will affect the Northern Hemisphere five, six, or seven months later. Can you imagine a 2,000-year ocean cycle? Humanity does not completely understand the ocean current processes of this planet. Even the weather on Earth is not completely understood. Weather scientists cannot accurately predict the weather a month out. There is still much debate over how climate change will affect the planet and what the weather will be like in the future.

Hidden Knowledge

In planetary healing, we say that there must be a balance of the planet's wisdom and how its knowledge works. In the Arcturian Planetary Tree of Life, the sphere of knowledge is full and active, and its geographic representation is Istanbul, Turkey (11). The expanded name given to it is "hidden knowledge revealed." Helio-ah is the spirit guide. She is known for her work in holographic energy and light, and she has been working on this hidden knowledge from the holographic perspective.

Now, hidden knowledge relates to the mysticism of Earth religions. The history of mysticism is filled with how to apply secret practices, theories, and spiritual knowledge to daily life. In most religions and organizations, there were rigorous tests and discipline that an adherent had to go through to access this hidden knowledge. Spiritual leaders did not want the knowledge to be misused for selfish reasons. For example, some of the knowledge in the Kabbalah gave you information about how to manifest power in the world. Fascist dictators would like to have such knowledge so that they could rule the world selfishly.

In ancient Israel, the highest and most powerful knowledge was the secret name of God. No one knew how to pronounce the secret name of God except the high priest, and this was only uttered inside the temple in a special chamber on a special holiday. Other people were not allowed to hear it. The fear was that whoever learned how to pronounce this name would have so much power that he (or she) could control the world.

Now the hidden knowledge is being revealed. Some of you know that the Hopi in Arizona have ceremonies that white people are not allowed to participate in. The Hopi have special ceremonies and knowledge on how to remain in balance with Mother Nature. Some are trying to teach hidden knowledge to others outside the Hopi Nation. You are in a time when you need to share healing ceremonies that can be used to repair Earth. These Hopi healing ceremonies must no longer be kept secret. Likewise, the energies and the teachings of the Kabbalah can now be learned throughout the planet. You can read sacred information about the Kabbalah that has only been available to a few people until now.

Loving Kindness and Judgment

Loving kindness and compassion for Earth is represented by Mount Shasta, California (4). Quan Yin is the spirit guide for this sphere. She is the spirit guide for loving kindness and compassion. She is a popular spirit guide and teacher in the Eastern world. There are many statues of her found in many temples in the East.

Loving kindness, compassion, and mercy are all needed for planetary healing. The laws of nature are not really compassionate. Just consider a cat’s hunting behavior. Cats can be sweet and loving to people, but they also can be fierce and cruel hunters. They can play with their food and do cruel things

to their prey. There is rarely compassion in the animal word: the hunters prey on the weak and the young, and some animals that you might admire can be very destructive. Elephants can be quite destructive. There are examples of compassion among animals, but generally, the laws of nature are harsh.

The opposite sphere from compassion and mercy on the Tree of Life is strength, discipline, and judgment, represented geographically by Volcan Poás (5), a volcano in Costa Rica. These spheres, compassion and judgment, are important in planetary healing. The Kabbalah says that other worlds have been created, and some of those have failed. Why? Some were described as too judgmental or harsh. In harsh and judgmental worlds, even minor infractions could result in death. The opposite, a world that has too much mercy or compassion, would be too lenient. Punishments for even serious infractions, such as terrorism, would be light.

I think planet Earth is too compassionate. Humankind has exploited and abused Earth in many ways, and Earth has allowed it without retribution or punishment. A planet can respond harshly and judgmentally to exploitation of its resources. Earth's primitive religions espoused earth gods who would respond harshly to humankind's negative actions. If humankind continues to destroy the rainforests and pollute the oceans, then it is possible that Earth can respond to stop the exploitation.

If Earth is able to respond, why has it been so compassionate to humanity? Why has Earth not objected to humankind's abuse? Many people have predicted earth changes and end-time events due to humankind's abuse. Earth could judge humanity and respond with harsh punishment. Judgment implies punishment. Planetary judgment is done to attain balance.

In the planetary concept of the Tree of Life, we always look at balance. Earth is out of balance. That is obvious. The destruction of the environment and the biosphere and the planet's contamination are examples of imbalance. There will be great changes coming based on judgment. Storms have been stronger and earthquakes more frequent. A stronger response could be considered a judgment of humanity. Will a violent, earth-changing event make humanity change its ways to live more in balance? Maybe Earth has to have a massive judgment against humanity to wake up everyone to the dangers.

The center of the Tree of Life is known to hold the messianic energy. The holy geographical place that represents this sphere is Montserrat (6), Spain. Montserrat is a small city north of Barcelona that is like a holy shrine. It is

considered the home of Mother Mary. There is a special black Mother Mary statue there in a beautiful church.

Montserrat represents messianic light and harmony as well as balance. Messianic light possesses the ability to bring balance and harmony to the planet. This balance could be imposed by a savior, and for this reason, the spirit guide for this sphere is Sananda, or Jesus. The idea of the Messiah has been in Western religions for quite a long time. On a planetary basis, the entry of the Messiah into the third dimension signifies a return to harmony and balance on the planet. This would be welcome news. You would all be excited if someone from the outside could bring that healing energy to Earth. There are various theories about why that has not happened yet. One is that a karmic unfolding is necessary so that everyone learns from his or her mistakes before the Messiah comes. If the Messiah were brought down prematurely, then it would take away your karma.

The New, Just Society

One new planetary idea is that you need to implement a world with a new, just society. What is a new, just society? How would that look? In a just society, you would live in an environmentally friendly world. There would be regulations to ensure no pollution. People with higher wisdom and expanded consciousnesses would not want to harm the planet. All people's needs would be fulfilled. It would not be a society of haves and have-nots or of exploitation. There can be a society based on higher principles, and you call that the new, just society.

The sphere of creation of a new just society was geographically designated as Grose Valley (8), an Australian national park about two hours from Sydney. It is a beautiful area filled with powerful light. White Buffalo Calf Woman is the female messiah in Native American mythology and legends. She is the restorer of order to return nature to balance. She will ensure higher protection and guardianship of the planet's resources.

For a planet to heal and balance, society must be just. A majority of people must live in a way that is in harmony and balance, and the resources of the planet must be respected. I think each of you might have your own concept of what it would look like to live in that just society. That just society exists in the fifth dimension. But you need to implement that just society in the third dimension. It takes a powerful spirit guide and a powerful figure to

implement the just society on Earth. At this time, there are leaders who will not want to give up power to have a just society. However, there will be a strong spiritual light coming to Earth, and people will realize a way to implement a new balance of justice.

In the Kabbalistic Tree of Life, the sages talk about endurance or victory. The sages recognized that it would take a strong leader to bring this new, just society into reality. This is also called victory on the Tree of Life. The opposite sphere from endurance in the Arcturian Planetary Tree of Life focuses on the creation of sacred pathways and planetary cities of light. The spirit guide for that sphere is Mother Mary (9). That sphere geographically is Lake Taupo, New Zealand, which represents the creation of sacred places and planetary cities of light.

One of the central Arcturian teachings is of planetary healing and the Planetary Tree of Life. A just society is necessary to bring harmony with the resources of the planet. Planetary cities of light and sacred places are also needed. The idea of the planetary cities of light project is to create more sacred cities that would live in higher, expanded consciousness. This is a planetary healing concept.

Mary is in her new role as a planetary spirit guide, overseeing sacredness on Earth. She has a great love for planet Earth and for the return of sacred places. In native teachings, sacred places are highly valued, and native peoples work hard to protect sacred places throughout the world.

Shimmering and Balance

The next sphere is represented geographically by Copper Canyon, Mexico (7). This sphere represents the concept of foundation, which maintains fifth-dimensional energies in the third dimension. The spirit guide for this sphere is Tomar, an Arcturian temple master. This sphere also explains the Arcturian planetary healing technique known as shimmering. Shimmering accelerates the aura, allowing a person or place to interact with the higher dimensions. To interact with a higher dimension, you must bring your aura into a higher vibration. Copper Canyon is actually larger than the Grand Canyon in Arizona, and it has not been overdeveloped. It is harder to get to, and there are fewer hotels and tourist resources. This crystal has been identified by the Arcturians as directly related to one of their higher planetary systems called the moon-planet Alano.

The foundation sphere represents Earth's interaction with the third and fifth dimensions, and I, Juliano, am the spirit guide (12). It is the new sphere not related to any Kabbalistic spheres in the Jewish Tree of Life. There will be an ascension, which will help raise Earth into a higher vibration. The intersection of the third and fifth dimensions will raise the vibration of the whole planet. You are living in a time of greater awareness of other dimensions. On a planetary basis, we need to bring Earth into balance, and we need to acknowledge, work with, and shimmer many different places on this planet. Areas that have been shimmered can intersect more easily with the higher dimensions.

The next sphere on the Arcturian Tree of Life is also at the foundation of the tree. This sphere represents Earth in the third dimension. We have assigned several spirit guides to this sphere (10). One is Spirit Fire, a female Native American ascended master. We have also assigned Vywamus, a galactic fifth-dimensional guide known for his expertise in Earth soul psychology. Lago Puelo, which is in the province known as Patagonia in southwestern Argentina, is the geographic representation of this sphere. Lago Puelo can bring higher light from the fifth dimension into the planet and stabilize and hold the higher light on Earth.

Path Work on the Tree of Life

I want to do a quick review of the path work on the Tree of Life because when you establish a planetary city of light, you also accept the responsibility of planetary healing and development. So any planetary city of light participates in a network with other planetary cities of light. That means they support each other and work together for the planet. It is not just to improve the area of a planetary city of light but also to make a contribution to the entire planet.

Remember, each city works to bring a healing for the whole planet. Each area has a special energy it can give for the planetary healing project. This helps the planetary noosphere, or the collective subjective subconscious and the collective thought fields of Earth. By linking to the network of planetary cities of light, you create more arcan energy, much more powerful energy than you could do individually.

This is background information for understanding the path work I have described, which is a complicated concept. If we explain it simply and you

can accept it, you will see that it has great potential for accelerating and amplifying each planetary city of light's work. I use San Pere de Ribes, Spain, as an example because of the energies and the clarity by which San Pere da Ribes has accepted and worked with its mission. That planetary city of light understood and accepted a teaching model. The mission it accepted was the new, just society.

The new, just society is a visionary experience of what a city of higher light looks like in the fifth dimension. Sometimes this vision of a city of light in the fifth dimension has been called Shambhala. Now, that fifth-dimensional city of light has certain principles by which it operates. Some of those principles are etheric. We have talked about having a white light around a planetary city of light so that only people of higher energy can enter it.

But there is also another concept I have designated as the new, just society where social justice, welfare, and equality develop. I have lovingly referred to the work of Chief White Eagle (and other Native Americans from North and South America), who made the beautiful statement, "We are all brothers and sisters." That simple statement encompasses the idea of the new, just society because when you look at everybody in your city as a brother and sister, you treat them with respect, great care, and love.

I know this is a difficult time on Earth, with social chaos, polarization, refugee and immigrant crises, and so on. There is a way to treat people as if they are family. You would not mistreat your family. This is important when we look at the relationship between the planetary cities of light and Earth. Remember, we are working with the Sacred Triangle, so we bring together the teachings of the Native Americans. How do these teachings relate to the just society and planetary healing? The Native Americans say that Earth is your mother, and you must respect your mother. Let's look at what it means to have a good and a respectful relationship with Earth.

The new, just society means that all inhabitants are treated as brothers and sisters and the physical Earth — the rivers, the trees, the gardens, the air, the oceans — is treated with respect just as you treat your mother. It is one thing to speak idealistically about the new, just society, and it is another to manifest and work with it.

I know that it is complicated. I know that there are many problems. You (especially in Europe) are dealing with some very complex problems in establishing the just society, but we must introduce the concept. We must introduce the ideals because all change comes from advanced visualizations

and advanced work in thought forms.

Earth has the resources, and you have the resources to work together as brothers and sisters. You have the resources to treat your sacred space not only as a just society but also as one that respects Mother Earth as it is manifested in your planetary city of light.

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In summary, the Arcturian Planetary Tree of Life works to hold Earth's energies in a new balance. All twelve spheres are represented by different sacred places on Earth. Interacting with these sacred places can be used for planetary healing. The Tree of Life also is a paradigm that can explain the mind of God. It can also be applied to your physical or psychological body, and now the Arcturians have updated it specifically for planetary healing.

One part that needs further development and assistance is the explanation of how the paths between the spheres are used for planetary healing. In the traditional Jewish Tree of Life, there are twenty-two paths, and each is represented as a line. The path explains how to progress from one sphere to another and how to get from one side to the other. The twenty-two paths are related to the twenty-two letters of the Hebrew alphabet and, coincidentally, to the twenty-two major arcana cards in the tarot. The tarot provides a way of explaining how to connect the paths to each sphere. For example, planetary healers can explain the path between planetary compassion and planetary justice. It is possible that we could apply planetary cities of light to work toward each path.

Chapter 20

New Spiritual Tools for Ascension

Juliano and the Arcturians

We view the Planetary Tree of Life as a new spiritual tool for your ascension. The reason we use the word “new” is that this is an uncharted period in the expansion and growth of the spiritual community on this planet. Changes are occurring rapidly in all areas in the third dimension. You are coming closer to the intersection of the third and fifth dimensions, and as you approach it, you need to be flexible and to use all your abilities to adjust and transform yourselves. But because the energy is new and the transformation is complex, new tools are needed.

New spiritual ideas and aids are required in your work as personal and planetary healers. Why are new tools needed? Look at the discoveries being made in the scientific world. There are new understandings about the solar system, Central Sun, and the revolving path the solar system is on that is taking it around the center of the galaxy. These discoveries offer new perspectives. Equally important is the concept that energy fields surround each person and the planet.

Since ancient times, people have known that auras surround Earth and each person. But concepts emerging in the scientific world include coherence, entanglement, and quantum transformation. These new concepts have been discovered along with physical discoveries that have allowed science to advance dramatically into nanotechnology and quantum physics. Some ideas in the new physics have relevance to the spiritual tools we use and teach. The

primary idea is how to transfer and transmute the physical into the spiritual and how to identify with your multidimensional self.

The Arcturian Planetary Tree of Life is an expanding, complex tool that offers many gifts to those who seek personal and planetary transformation. Did you know that the Arcturian Planetary Tree of Life also contains source codes and the basic roots of all religious thought on the planet? For example, the unity of spiritual forces on this planet expressed through the various religions is represented there.

You have the concept of the Divine Mother and the Divine Father. If you look at the top three spheres of the Planetary Tree of Life, you will find the Divine Father represented in the second sphere and the Divine Mother in the third sphere. The Tao, or the great unknown (that which is totally unknowable), is at the crown and is expressed in duality as the Divine Mother and the Divine Father. The Divine Mother and Divine Father unite. It is true that their separation has led to a planetary polarization. This duality has led to an overemphasis on the male energy. Each sphere and each path has positive and negative characteristics.

The Struggle Between Freedom and Restriction

The Tree of Life beautifully expresses the planetary dilemma now facing Earth. There is a need to supervise, control, and limit the use of resources. Such restriction conflicts with the desire to freely use Earth's resources, and that conflict is at the core of your planetary crisis. If humans remain unchecked in their use of the planet's resources, then the crisis continues, and dire consequences will occur. It is that simple.

To diagnose a planet's stage of development, we have applied this model of the Planetary Tree of Life in our travels throughout the galaxy. For each planet, we evaluate the balance between the use of resources and its control and contraction. The Planetary Tree of Life can be used as an evaluation tool for planetary progress. In simpler terms, it could be the male energy versus the female energy. We analyze whether one energy is dominating, and if it is overly dominant, we diagnose the planet as out of balance.

In the Planetary Tree of Life, we have designated two spheres for the concepts of the just society, the sacred energies, and the sacred sites. The idea

of the sacred sites is feminine. It is represented by the spirit guide known as Mother Mary. Mother Mary represents the feminine light that protects, nurtures, and honors beauty and the sacred. But beauty and the sacred are being lost on Earth, so there is a need for more sacred places. In a lot of ways, sacred energy is mystical because spiritual sensitivity is required to understand and feel it. People who are spiritually closed go through sacred areas and do not feel anything. Sacred energy is of the heart. Humans, in general, have closed their hearts to Mother Earth. I am speaking specifically of those who are in power and control the resources on Earth.

Native Americans have tried to protect areas such as Standing Rock. They are teaching the world about the sanctity of waterways and their reservations and about their desire to protect a powerful meridian. They do not have the resources to counteract those who want to exploit the planet's resources. They need other spiritual groups to help them.

Mother Mary can open the heart energies of people around the planet. It is my desire that the Native Americans take advantage of Mother Mary's energy. She is a beacon of light for millions of people. Her energy and light could immediately affect many people and could create a movement of great emotion and heart energy. The Planetary Tree of Life teaches that the key to sacredness is in the heart energy. Humans must open their heart energies to Earth. Even those people who are hardened and are exploiting Earth often are taken aback and respond to Mother Mary.

Messianic Intervention Is Miraculous

Jesus is represented in the center of the Planetary Tree of Life. That position is a point of great balance and harmony. The fundamental question for healing this planet lies in how new harmony or balance can be created. In the Planetary Tree of Life, we have designated this balance as the messianic energy. That word has a lot of connotations in religion, but the basic idea is that a ruler of extraordinary powers would return to the planet and immediately create a new balance. The Messiah would balance the energies of male and female. The Messiah would correct all the imbalances and instill harmony based on the principle of compassion with justice. The Messiah would help to create a new, just society, including sacred energy and sacred light. What is extraordinary is that this new energy already exists in the Planetary Tree of Life.

The Messiah energy does not come from outside but from within the Tree of Life and the systems that already exist on this planet. It has to be this way because the light of the Messiah must originate from your thought field. The Messiah energy is already in your and the planet's collective unconscious. It is the same as the collective unconscious and extraterrestrial beings who come to this planet. That idea is deeply imbedded in the collective unconscious of humanity. It has occurred before — that is, extraterrestrials have visited Earth, and the memories and experiences of those visits are contained in the ancestral memories of many different people throughout this planet. So it is with the Messiah.

The messianic light is embedded in Western religions, certainly, but you need to look at the Messiah in terms of the new tools for ascension. You need to look at it as the kind of energy that can correct and balance Earth. Looking at the world situation in the third dimension, I think we can agree that things are so far out of balance that it does not seem as if a logical intervention could correct everything. Let's use radiation as an example.

Radiation has been permeating the oceans and the atmosphere, and there are high levels in the ground. These levels of radiation have never been present for an extended period in the history of this planet. Now radiation affects all the plants and animals. Pollution in the air is blocking some of the Sun's rays, and you have seen pictures of what it is like to live in Beijing or other extremely polluted cities.

Sunlight provides valuable nutrition and energy to plants and animals, including humans. All life has basic needs to assure health, and one is clear, clean sunlight. I know that may sound strange and maybe obvious, but clear sunlight is not available throughout the world anymore. Pollution blocks some of the sunlight. This blockage has dramatic effects on the human immune systems. It has dramatic effects on the plants and animals throughout the world and on the ocean. The ocean requires clear sunlight, not sunlight diffused through pollutants and contamination.

All can be corrected. But by what method? What method separates radiation from soil? What method removes pollutants from the oceans? How can you restore the health of the plant and animal life? The answer to these questions is that messianic intervention is miraculous. There is no rational explanation because messianic powers are beyond reason. The Messiah's healing powers are beyond logic.

As Above, So Below

The Planetary Tree of Life says there has to be a karmic balance in this and other lifetimes. It says that you must balance forces on Earth with those higher levels. The interaction of higher levels with lower levels is important in understanding the Planetary Tree of Life. Earth is represented in the bottom sphere on the Tree of Life. I know people may look at the manifested Earth as separate from that which is above. That is not true. The Planetary Tree of Life demonstrates interaction.

One interaction starts from the top and moves down, and there is also an interaction that begins at the bottom and moves up. The original Tree of Life only shows the energies from the top down, but the Arcturian Planetary Tree of Life shows that the energy also goes up.

What is happening on Earth in the third dimension interacts with and affects the other higher energies. The Planetary Tree of Life contains the energies of the Divine Father, the Divine Mother, and the Divine son. The Divine son is sometimes referred to as the son of humanity.

There are special karmic lessons on this Earth. People have experienced mistakes in one lifetime, and they come back. Sometimes they make the same mistakes and take the consequences. A divine intervention takes into consideration the karma of those who are open to learning lessons on this planet.

Why would the extraterrestrials such as Arcturians or the Pleiadians not come and solve Earth's problems? The answer is that they would be intervening in the karmic situation, which would put karma on them and might require them to become karmically involved with Earth. The messianic energy transcends karma.

Stargate to the Fifth Dimension

The spheres on the Tree of Life represent paths, as do the lines connecting the spheres. These lines indicate how to evolve from one sphere to the next. How do you get from creating a New Earth society to creating sacred places and planetary cities of light? In fact, creating New Earth societies is connected to creating more sacred spaces. People who can think in a higher order, in a higher balance, are necessary.

It requires a higher level of thinking to designate a city as sacred.

Compassion and the creation of a just society are part of having a sacred city or a planetary city of light. To create a just society requires personal power, because many negative forces and a lot of lower consciousness work against creating a just society. You see this now in the United States and in other parts of the world where prejudice is rampant. A “holier than thou” attitude exists. There is no recognition that you are all brothers and sisters. Lower energies and darker forces are trying to take control of the planet.

Remember, each sphere on the Tree of Life has an opposite aspect. For example, one sphere represents divine judgment, but being too judgmental can create attitudes of superiority, criticality, and rigidity. These are all negative. Look at each sphere and decide what the highest attribute is and what negative attribute might arise if balance is not maintained. You have seen the effects of people being overly judgmental and instituting strict rules that can become irrational.

One way the Arcturian Planetary Tree of Life is different is that it assigns geographic locations to represent the energies of the spheres. The new sphere of third-dimensional Earth’s interaction with the fifth dimension is represented geographically by Sierra de Bocaina National Forrest, which is between Rio de Janeiro and Sao Paulo, Brazil. Serra de Bocaina hosts the first Arcturian temple organized in a consistent way and built on Earth according to our initial recommendations. It has a special relationship with the Arcturian stargate. I, Juliano, am the spirit guide. We can manifest fifth-dimensional energy in the third dimension. We can manifest a connection to the Arcturian stargate on Earth. Other planets would like to have similar access to a stargate, but this is a unique attribute for Earth.

The Arcturian stargate is an entry point that makes it easier for you to ascend. One of the issues in ascension is whether you are prepared to go to the fifth dimension. To be completely prepared might mean you have to be a saint or a high-level prophet who has evolved to the point that you can detach from Earth. It is our understanding that such a high level of ascension preparation is very difficult now for most starseeds to attain even though you are working hard and meditating to reach the state of ascension.

The stargate’s entrance is where you can direct your ascension energy and where you will be accepted. However, attaining such a high state of ascension consciousness as was attained by Elijah or Enoch may be out of reach for most of you. Access to the stargate assists humans who are evolving and striving for a higher level. It can boost you to the next level, the fifth

dimension. The stargate was not always available to people on your planet. We saw that there is a need to continually bring new ways to influence the third dimension through fifth-dimensional light.

The starseeds have come down here to learn and develop techniques to manifest fifth-dimensional light on the third dimension and to study how fifth-dimensional energy can influence third-dimensional energy.

We know that there is a lot of stuck and dense energy on Earth. One way to influence the third dimension with fifth-dimensional energy lies in the teaching of the Tree of Life. By connecting with the spirit guides of each sphere, you can download fifth-dimensional thoughts and feelings to the planet.

The Planetary Tree of Life is multidimensional; it exists simultaneously in all other dimensions. Just as you are in another dimension in your sleep state, Earth also has access to her other higher-dimensional states.

Chapter 21

Ritual Purification and Shimmering

Juliano and the Arcturians

Approximately 400 to 300 bc, the Second Temple existed in Jerusalem. Specially trained priests had permission to enter the sacred rooms. Only those of the highest rank were given this permission. These priests had to follow specific procedures before they were permitted to enter the sacred areas. Those procedures were called ritual purification. In the sacred spaces, the priests believed they had special access to interact with the Holy One. The ritual purity ceremony involved taking a bath in special water that purified the body.

When you prepare to enter a higher spiritual realm, you must purify yourself. The ascension process is comparable to the holy energy that the priests experienced in the sacred temple in Jerusalem. Ascension is a sacred and highly regarded interactive process.

What does it mean to purify? The process involves temporarily detaching from third-dimensional energies, concerns, and Earth attachments in general. Purification is a process in which your binding energy is removed from earthly concerns. Some of these concerns are part of everyday life, such as materialistic worries that everyone is concerned about. Becoming purified for the ascension means that you would not focus on or have the energy for the mundane or the daily business on Earth. You would not have any energies or attachments to negative interactions with other people. You would not think about or focus on conflicts in your life. You would release your interest and

your attachment to the daily news and events.

Purification involves releasing all Earth attachments. This release is necessary. I think that releasing these attachments and the energies you feel for the planetary crisis and political upheaval is one of the most difficult things for you starseeds to do. It is difficult to detach from Earth's crises, including the hurricanes, earthquakes, and other shifts.

When I say "detach," I do not mean a cold-hearted removal of any interest or concern you might have for the planet. Becoming spiritually detached is not a call to stop being concerned and of service. Being of service is important, and we, the Arcturians, encourage you to continue. We have an upgraded spiritual technology that is more effective and more in alignment with your spiritual Arcturian training than previous ritual bathing procedures.

It is vital that you use this technique as often as you can to prepare for your ascension and to do your spiritual work. Remember, the goal is not to stay in an eternally purified state on Earth. That is impossible. Even if you could achieve 100 percent purification in the exercise, you would still have to return to your third-dimensional life. You still would have to be involved in your third-dimensional service. You would still be aware of and react to upsetting events on this planet.

What you will gain from this Arcturian technique is a method of periodically purifying yourself. This will help in your daily life and your ascension process. The technique for ritual purification that the Arcturians use in our spiritual technology is based on shimmering. This is a technique that we have introduced before, but we have not explained it as a purification exercise.

Purification through Shimmering

Shimmering has several powerful uses. I recommend shimmering in bilocating, thought-projecting, and treating illnesses. Shimmering also has other functions, including helping to protect your energy field from attacks. We have documented experiences when some of your Group of Forty members have been close to having accidents, and right before or at the moment of impact, the member was able to shimmer and was protected from injury. Shimmering can also protect you in such catastrophes as earthquakes or hurricanes. You can also use shimmering as a method for performing ritual purification.

The first and most important idea for purification is that shimmering accelerates the pulse of your aura. When the aura reaches a certain frequency or vibration, low energies are released. This begins a purification of the aura.

Your mind is continually fed information. You also receive electromagnetic vibrations from computers, smartphones, and televisions. You have many interactions with thousands of different electromagnetic energy fields on Earth. For example, Earth has interactions with fourth-dimensional beings we call ghosts. Some of you may have negative attachments with these ghosts. Such attachments can cause mischief in your life.

Shimmering is a way to reboot your aura, which will help to remove or release these negative attachments from your energy field. When you reboot your aura through shimmering, you clear out old programs and energy fields that allow entities to attach to you. Some of those programs and energy fields block your aura. [Refer to chapter 8 for the specific steps of shimmering.]

Shimmering for Personal Healing

You can use shimmering for specific personal healing. While we are in this higher state of consciousness, I want you to scan your body. By scanning your body, you might find that you have a benign tumor or a nodule or some other unwanted accumulation of tangled nerves or blocked energy in your body. Choose a part of your body to focus on.

After you identify that part, come back to the awareness of your whole cosmic egg. Then visualize a duplicate cosmic egg birthing from your aura in front of you. That duplicate cosmic-egg-shaped aura becomes smaller, the size of your palm. Hold out your hand, and visualize the miniature cosmic egg there. (If you are male, use your right hand. If you are female, use your left hand.)

You now have the miniature cosmic egg in the palm of your hand. It is around 3 inches tall, the size of a chicken's egg. It has all the advanced vibrational-frequency processes of your high-frequency aura. Now project that miniature cosmic egg into your body to the area of concern. Send it there to enclose the whole area. Now the duplicate cosmic egg is shimmering with the same speed as your aura. Say the word "shimmer" again, and your aura and the miniature cosmic egg will shimmer around the area of your concern. This creates a wonderful healing energy. [Chants] "Shimmmeeeerrrrr,

shimmmeeeerrrr, ta, ta, ta, ta, ta, ta."

The miniature cosmic egg absorbs any negative vibrations or energy stored in the area of concern. At the count of three, remove the miniature egg from your body, and put it back in the palm of your hand. One, two, three — now. Beautiful. Visualize and direct that miniature cosmic egg to rise above your aura.

I, Juliano, am standing right there, and I take the miniature egg above your aura and send it into an interdimensional space far from you. [Tones] "Whoosh, whoosh." You are still shimmering, and your body is filled with this light. Go into meditation as you slowly process all this light and healing energy we have been working with. [Pauses.]

You have completed the successful purification and healing of your aura. You are ready to enter the fifth dimension. You have cleansed yourself. I would like Archangel Metatron to speak to you.

Archangel Metatron Speaks on the Purification Ritual

I recognize your state of purification. I recognize your higher state of Arcturian light. Know that you are more sensitive in this state, and you will want to be with the highest light and with the energies that most resonate with you. The sacred names in the Kabbalah for God are in alignment with your vibrational desire to go into the fifth dimension. Listen to these famous sounds that are also for the ascension [chants in Hebrew]: "*Kadosh, Kadosh, Kadosh Adonai Tzevaoth. Kadosh, Kadosh, Kadosh Adonai Tzevaoth*" ["Holy, holy, holy is the lord of hosts"].

The sacred temple known as the Second Temple contained high spiritual technology connected with high-dimensional beings. These high beings worked with purifying techniques and special frequencies. The inner chamber in the temple had special electromagnetic qualities that only priests with certain vibrational frequencies could tolerate. Before going into that chamber, the priests performed this ritual purification so that they could tolerate the frequency.

It is hard to imagine a light frequency so intense that you would not be able to tolerate it. The priests could tolerate this frequency only when they temporarily removed attachments to the third dimension, as you have done

today. By temporarily increasing the frequency of your aura, you can participate in spiritual technology that is similar to the energy that high-dimensional beings helped to create in this special chamber in the sacred temple.

It is difficult to describe the energy in this temple chamber. The inner chamber had so much light that it looked as if mirrors magnified the light. The aura of the priest in the room would immediately enter a high vibration that would produce a state of ecstasy. The person in the chamber would not want to leave. In certain cases, another person outside the room was instructed to make sure the person inside the chamber would come out. At times, ropes were put around the priest before he went into the special room. The priest outside the chamber would pull the ropes to make sure the person inside would come out. They did not want to lose the priest. In the inner chamber, it would be easy to completely give the body up and move on to higher realms. That could be considered ascension.

Now you have the tool to do this ritual purity and to experience the higher frequencies. If you combine this with some of the other Arcturian tools, which includes going to the crystal lake and to the Arcturian temple, then you have again magnified the power of your ascension work. I will conclude our time together by singing the Hebrew words for Holy Light: "*Or HaKadosh Baruch Hu*. *Or HaKadosh Baruch Hu*." (Holy light, blessed is he.) Let the holy light, the sacred light, fill your aura in everlasting peace, health, and happiness.

Chapter 22

Quantum Healing

Juliano and the Arcturians

You have seen the electromagnetic spectrum that includes visual images of the light spectrum — the reds and the yellows. Compared with the full range of the electromagnetic spectrum (which includes all radio frequencies, x-rays, and ultraviolet rays), the violets and other colors you see make up a narrow band. There is higher light in the electromagnetic spectrum that your eyes cannot see. You could look out at the night sky and see parts of the light spectrum, but you cannot see x-rays or radio waves. Fortunately, sophisticated instruments can take pictures in the sky of galaxies using x-rays and higher light-frequency rays.

Quantum healing requires consciousness beyond the normal narrow range of consciousness. You have only a limited range of consciousness; therefore, to do and receive quantum healing, you must expand your consciousness. How do you achieve this? Sometimes a healer can talk to and work with you to expand your belief system. Belief systems are very important.

In the book *Quantum Healing,* Deepak Chopra relates a story of a doctor who told a dying patient, "I have this new medicine from the Brazilian jungle that might help you, and I can offer it to you."[1] The doctor gave the patient the special medicine, and the patient was miraculously cured. There are secret plants in the Amazon with deep primordial energies. The healer prepared the patient to receive special quantum energy that is not normal or rational. It is quantum. This type of healing relies on the belief system of the patient. It helps if the patient believes in higher light, divine intervention, and even the mysteries of the Amazon jungle.

The patient must also believe that the healer can access and transfer higher energy. The healer must present the set, the mindset. In the example, the doctor had to project a belief in the powers of this new medicine. It helped that he was a medical doctor. In other cases, a shamanistic healer could present the same medicine and maybe wear a headdress or special ceremonial regalia. You see, when a shaman does the quantum healing, he or she too must be prepared and have the right mindset.

It is also important to look at the setting, or where the healing takes place. Are you doing it in your garage, or do you have a special tepee that you use for your work? Do you go into a medicine wheel, sweat lodge, or a special room in your house with crystals? All these things are important when doing quantum healing because you need to expand in consciousness, and you want the same for the person you are healing. You want the patient to feel a different energy. You want the person to be open, so the place where you do the healing, the setting, can have a powerful influence on the healing's outcome. This is why some people go to the jungle to receive special healings from shamans. They need a change in their environment to open their consciousnesses to new energy.

As a quantum healer, you can create a special setting in your environment. It can be in your home or your office. You can even create a special feeling and setting through the internet. The internet offers a new venue for gathering together and connecting energetically in the etheric.

Quantum Healing Energy Field

Quantum healing includes a field of energy. When I do quantum healing, I use sound to prepare the vibrational frequency of the person to be healed. I use special sounds. [Tones] "Oooohhhh." This is a clearing sound. It helps to remove densities and attachments. It opens energies for receptivity. The healer must make the person receptive, and the tones help to create better receptivity for the patient. Sound is a vibration, and quantum healing really is vibrational healing, vibrational medicine. [Tones] "Oooohhhh."

When you do quantum healing, you connect with your energy and allow a higher light to come through your hands. You might even put on a white dress or shirt to help you feel more purified and united. You might wear your Star of David or prayer beads.

The set and the setting work with your and the client's belief systems.

Together, you open to the quantum world. It is not necessary to impose your will; rather, let the higher quantum energy work through you.

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1. Deepak Chopra, *Quantum Healing: Exploring the Frontiers of Mind/Body Medicine* (New York: Bantom Books, 1990).

Chapter 23

Galactic Spirituality Expands Your Perspective

Juliano, the Arcturians, and Chief Buffalo Heart

You are in a period that requires new adaptations, understandings, and techniques to maintain your spiritual health and expand your consciousnesses. Your perspective has valuable information. It is often said that people wish they had the perspective of their old-age wisdom when they were young. If only you could have integrated the perspective of an older adult in your youth, you probably would have been more successful and balanced as an adolescent or young adult. Perspective is also demonstrated in sports. The term “Monday-morning quarterbacking” refers to looking back on America’s Sunday night football game on Monday morning and determining which play should have been made.

In another philosophical concept about perspective, imagine being on the first floor of a twenty-story building. You do not get the same view on the first floor as you do on the twentieth. Earth beings are on the first floor in the third dimension, and you cannot see anything from a higher perspective. You usually only see horizontally. You do not have a higher, vertical perspective on events.

You may have many questions: Why do these events happen, or why are so many people harmed? Why is this destruction going on throughout the planet? From the first floor perspective, you have no good answers or understanding. However, if you were on the top floor, you would have a

completely different opinion about what is occurring on Earth right now. From the higher perspective, you might even say everything is as it should be. What a shocking statement! But you could only make that statement from the twentieth-floor perspective. In fact, that would be a correct statement from the higher perspective, but it is little consolation to those on the first floor unless they have expanded consciousnesses and are flexible enough to understand.

Galactic spirituality involves the study of the quantum world, the astrophysical world, and the worlds of astronomy and cosmology combined in a way to present a new spiritual paradigm for understanding the reality that you live in. In fact, the universe is a metaphor for you. This is partly because of the laws of holographic energy, which state that what happens in one place affects another. Also, if you dissect one thing, you will find the keys to everything in the universe. There have even been comparisons between the number of stars in the galaxy and the number of neurons and neural pathways in the brain. It could be true that there are more neural cells in one person than stars and planets in the galaxy. Now, that is very hard to imagine, especially when you consider that there are 200–300 billion stars in just one galaxy. In galactic spirituality, we use comparisons of events and the laws of the universe to see how they apply to each person's development and ascension.

There Is No Boundary

I am going to offer you a complex but important view of the universe. The conclusion made by NASA's Hubble Space Telescope in 1923 was that the universe is expanding. Even at that time, great scientists such as Einstein did not agree with that hypothesis. They thought that the universe was in a steady state with no expansion or contraction taking place.

Even now it is difficult for your minds, especially in the third-dimensional realm, to grasp the concept of an expanding universe. First, you must understand that the universe is infinite. That means it has no end and therefore no outer edge. So if the universe is infinite and expanding, then what is it expanding to? I cannot answer this question now, but I want you to understand that the scientifically verified conclusion is that the universe is expanding. What is most interesting and most relevant to our discussion is that this topic relates to your personal and spiritual development. Your mind

and your perspective can continually expand. There is no boundary.

When astronomers study the universe and look closely in the neighborhood of your galaxy, there is no obvious evidence that the universe is expanding. These are unimaginable distances we are talking about. When astronomers look through their telescopes outward from 200 million light-years to 250 million light-years, they do not see any evidence that the universe is expanding. However, if they were to go way beyond these distances (such as 500 million or even 1 billion light-years), then they would see evidence that the universe is expanding. What does this tell us? It tells us that when you are close to objects, you do not see the expansion, but when you have a larger perspective, you can see that expansion is occurring.

I want to offer you one more simple analogy before we return to discussing the expansion of the self. Picture a large balloon, and let's say it represents the shape and size of the universe. As you blow into it, it expands, but some parts remain so small for a while that they do not seem to move at all. There is no evidence of expansion.

Now let us look at you as a galactic being, a spiritual master, and a multidimensional being. You are expanding; you are growing! Perhaps you do not agree with me. You might say, "Well, Juliano, I am stuck here in this third-dimensional reality. I am not really making a lot of progress. I am not expanding at all. Yes, there might be other people who are expanding, but I am not." Let's decide whether you are expanding only after you can look at yourself from a higher perspective. It is true that from the perspective you have of the self, you might not see progress and expansion. But if I could help you gain a deeper and wider and taller perspective, you would see exactly the opposite. You would see that there is expansion, a very substantial expansion. The fact that you are here on Earth studying spirituality and working to integrate multidimensional concepts proves your expansion.

An important technique to experience and understand your expansion is to work with the future self. For you to understand the future self, we have to talk about the past and the present selves. You are aware of the famous spiritual saying, "I Am That I Am." There is a new galactic terminology and concept of the self that is adapted from that statement. The ancient Hebrew statement of *Ehyeh*, *Asher*, *Ehyeh* actually translates to "I Will Be That I Will Be." Modern translators who have worked from Latin and Greek have modified this phrase into "I Am That I Am." "I Am That I Am" is also a

beautiful statement, especially in today's world. It has powerful meaning and a powerful way of helping people understand the state of being known as the here and now. Gurus and psychologists jokingly say, "I am here now, or I am in the time zone of 'there and then'."

I expand the Hebrew statement *Ehyeh, Asher, Ehyeh* to "I Am That I Am, I Will Be That I Will Be, and I Was That I Was." (I hope that is correct English. It sounds rather strange, but maybe you could say, "I Have Been What I Have Been.") All three statements are important because each provides a perspective. Perhaps the present state is the most important, but from my observation, all three have relevance in understanding who you are and how you are going to be when you ascend. In galactic spirituality and cosmology, you study the universe by looking at the future and the past to understand the present.

Understand Who You Have Been

A lot of time is spent looking at the past. In fact, one strange paradox in the universe is that when you look at the night sky, you see things the way they were in the past. You do not really see things in the present. Alpha Centauri, the nearest star system to your planet, is approximately 4.37 light-years away, which means you see that system the way it was 4.37 years ago. Modern scientists and astronomers look back 14.7 billion years to study the big bang. They are studying the past universe.

I see that your past lives are important in your personal work. People often do past-life therapy to understand their souls. People want to understand what they did in past lifetimes. I am sure each of you has at least speculated about where you have been in your past lives. You may be in a particular country at this moment and wonder why you are there. I am sure that if you were to do past-life therapy, you would find that you might have had a previous lifetime in a country you feel attracted to, and now you are resolving issues from that lifetime. But it goes even deeper than that.

You might have multiple interests and talents. You might have talents as a musician, a healer, a mechanic, or a scientist. In past lives, you might have been in Atlantis and were one of the brilliant scientists who helped develop advanced technology. Unfortunately, the advanced technology also was used to destroy the Atlantean continent. You too might have been destroyed in that experience, and you might have felt misused because you made the wrong

decisions in contributing to military technology. In this lifetime, you are aware of that type of misuse. You might still practice your scientific work, but you have had a change of heart and no longer want to contribute to any science that furthers military destruction, especially the destruction possible through nuclear weapons.

There are many other examples I can offer you about past lives. Often, women have been terribly abused. Women who were especially spiritual often were punished for it with death. This is still a male-dominated world. Those of you who are female might feel intense blocks to connecting and working with your spiritual energy for fear of being punished and perhaps even executed. Doing a past-life regression or therapy would help you understand your blocks and why you have them. A past-life recall could also give you great assistance in releasing those blocks.

The statements “I Have Been Who I Have Been” and “I Was That I Was” relate to your past lives. “I Am That I Am” is a discussion about connecting with all parts of your self, including the multidimensional parts. You are in this now experience where you do not experience your past or your future but just the eternal now. This eternal now describes your state of existence as an eternal being. The universe is expanding without end, so you too, as a living spirit, are expanding infinitely. You can become aware of this in your I Am presence.

How to Work with Your Future Self

Now let us talk about the future self, the “I Will Be That I Will Be.” How can we evaluate and describe your future self? You will be an ascended master. You will achieve enlightenment and complete understanding of your multidimensional self. In the future, you will graduate from Earth, and you will take a soul journey to other planets and through other galaxies. In some cases, you might become part of the brother- and sisterhood known as the children of the Elohim and act as prophets, ascended masters for other civilizations on other planets. These are a few suggestions about who you will be in the future. You can see that this is far in the future, but time is holographic, and the statements “I Am That I Am,” “I Have Been That I Have Been,” and “I Will Be That I Will Be” all interact. In fact, time is not linear but circular, and all points interact.

The future Earth will be an ascended planet. It will be like a Garden of

Eden where there is harmony and balance, and those living on the planet will have open hearts to the spirit of Earth and choose to live in harmony with the planet. I have described the current Earth situation as a conflict between technology and spirituality. The technology on Earth has advanced, but the planetary spirituality has not kept up with military and computer technology. Earth in the future will be advanced spiritually and technologically. It will have fifth-dimensional energy. We can work to integrate and download future aspects of that planetary self into the current Earth self. This exercise is another powerful technique for planetary healing.

To help you interact with your future self, we use the sacred phrase "I Will Be That I Will Be" as a tool for your growth and expansion. To the best of your ability, try to follow my instructions in this meditation exercise.

Close your eyes. Take three deep breaths. Listen to these tones so that you go into a better energetic alignment with your higher self. [Tones] "Oooohhhh, oooohhhh, oooohhhh." All sensations relating to the third dimension are temporarily removed, and you are in a higher state of consciousness filled with awareness of the bioenergetic world, the world of energy and etheric light.

In this world, you can travel at the speed of thought to anywhere in the universe. You can travel anywhere in time. You can travel to any space. Your spirit self rises out of the top of your crown chakra. [Tones] "Oooohhhh."

You are now in a spirit form above your physical body, and you have a great ability to travel into the future. This future time will not be measured on a scale from the third dimension. We are not going to say you are going 20 or 200 years ahead. You will go to a future place in a future time where you are an ascended master.

As you are in this bioenergetic energy field, think this affirmation: "I, _____," say your name, "am now traveling to my future self as an ascended master." [Tones] "Oooohhhh." You travel to your future self at the speed of thought.

You have arrived. Enter, through the crown chakra, your future self in a higher state of being. Look around. Experience what it is like to be in this future embodiment. Know that from this point, you can also look back at the present you left. You can see yourself from this future point. See how helpful and expansive your lifetime on Earth has been for you and your development. You now have a higher perspective, as if you were on the tenth floor of the building that has twenty floors. Look back at your life on Earth and get this

wonderful higher perspective. We will go into silent meditation together as you experience this. [Tones] "Oooohhhh." [Pauses.]

Now send those thoughts from your advanced future self with a higher perspective back to your present self. You can thought-project and go through the time continuum to send that information and love back to the you in your present. Do that now. [Says a prayer in a galactic language.]

You have great powers in your future self, including personal and planetary healing powers. Remember, you will be the son or daughter of the Elohim in your future self. You will be a prophet in some planetary civilizations in this or other galaxies, including the Andromeda galaxy, the sister galaxy of the Milky Way.

Begin the journey back to your present self. Slowly separate from your future self, your ascended master self. Take those parts of high light back with you. Those parts from your future self can now be downloaded into your self on Earth. Leave your future self's body, and at the speed of thought, travel back to the present. [Tones] "Oooohhhh, waaayyooo."

Return to your present self. Align your spirit with your present self, and reenter in perfect alignment — one, two, three, now! Download this future self energy into your present self, including higher healing powers and, most important, a higher perspective. You now realize that the work you are doing in this lifetime has made a big difference in your future self, and from that perspective, you can see that you are expanding in your present self.

Now I ask Chief Buffalo Heart to speak to you about the future and the present Earth. Blessings to you all, my fellow starseeds.

Chief Buffalo Heart Speaks on Helping Mother Earth Ascend

[Chants] "Heya hoa hey, heya hoa hey, heya ho heya hoooo!" All my relations, all my words are sacred. You are my brothers and sisters. We are united in our hearts. There will be a time on Earth when all humans will open their hearts to Mother Earth. I see this in my visions. I have seen this for many moons. It will be a glorious time to be alive and to walk on this planet, feeling the open-heart energy for Mother Earth, for the Blue Jewel.

Earth will ascend. Earth will become a fifth-dimensional planet, as the masters have said. Earth needs you, the starseeds, to carry her into her fifth-

dimensional body.

We love the medicine wheel because it shows us time as a circle instead of as a line. There is a powerful message in the crop circles. Earth will respond with her heart to the energy and configurations of the galaxies. All the patterns you have seen in the crop circles exist in the formations of galaxies, star clusters, and nebulae. All these geometric patterns represent physical realities that exist throughout this universe.

Travel with me to the future Earth where humans walk with hearts open to Mother Earth. Just close your eyes, and accelerate into the future time where people's heart energy, heart chakras, is open to Mother Earth. What a great time to walk on a planet, when there is such openness for the biosphere and for the sacredness of this planet. You, as a spiritual warrior and planetary healer, are here on this wonderful Earth to experience the future when humans have opened their hearts to the plants, animals, oceans, air, and all the beauty that is Mother Earth.

I want to say a special word of thanks to our First Nation Native American peoples who will read my words, for they need strength and support. Know this, my First Nation friends: You have suffered greatly. You have been misused. You have been tortured. You suffered many terrible things, but I admire you all for keeping your hearts open to Mother Earth. Despite all the trials and misfortunes and cruelty that you have experienced as a people and a nation, you have never given up your open heart for Earth, and this is a great gift to offer humanity.

You must teach all humans to open their hearts to the Mother. You, from your future selves, can bring back higher light and energy to the present. You, a spiritually expanded group, are able to teach people that on the future ascended Earth in the fifth dimension, they will walk with their hearts open to Mother Earth.

[Chants] "Heya hoooo, heya hoooo." Carry this light and this heart energy with you wherever you go. You are holding the future of the planet now. All my words are sacred. Ho!

Chapter 24

Prepare for the New Earth

Juliano and the Arcturians

To speak about the New Earth, we must first discuss the crisis this planet is experiencing. Change occurs during crises. Our philosophers and spiritual leaders study planetary development throughout this galaxy. You may be happy to know that Earth is not the first planet to experience this type of crisis. Other highly developed planets have too. It is our observation that some planets successfully resolve the crisis and evolve, whereas other planets do not and destroy their biospheres or themselves in the process.

It is, perhaps, a cruel choice, that a planet either resolves the conflicts and polarizations or disintegrates into self-destruction. I have designated this as planetary stage one. This stage has many characteristics. You are right in the middle of the deepest part of the crisis in planetary stage one. I know it is controversial now among some people to even speak of a planetary crisis, but each day there is more evidence about the nature of this crisis.

This planet is now experiencing its sixth mass extinction. Yes, there have been five other mass extinctions, and the most famous one is related to the asteroid that hit in the Yucatán Peninsula in Mexico, resulting in an environmental catastrophe that killed off the dinosaurs and many other life forms at that time. Sometimes mass extinctions occur because of cosmic events. The mass extinction that you are in the middle of is caused by one species: *Homo sapiens*. Never before has one species determined who lives and who dies on a planet.

What has to occur for this crisis to be resolved? *Homo sapiens* must take the next evolutionary step in development. I am happy to say that you are not

the final representation of the cycle of evolution of the human form. Anthropology shows you that a series of different forms led to *Homo sapiens*. And that is not the final form.

On your internet, we saw a picture of a Neanderthal. It was an artistic conceptualization of what one would look like in the twenty-first century if the species had survived. This was an interesting picture because you have probably viewed Neanderthals as primitive, hairy, and animalistic. In the picture that artist fashioned, the Neanderthal was given a haircut and a shave and was dressed in a two-piece suit. It was amazing how similar he looked to *Homo sapiens*.

It is now known that *Homo sapiens* and Neanderthals interacted and, in some cases, even interbred. DNA research has revealed that almost everyone has a genetic link to Neanderthals. How is that observation relevant? It is relevant because Neanderthals could be considered a less developed form of human. There is also a more developed and advanced form that I sometimes refer to as the starseeds. Starseeds are *Homo sapiens* who have expanded awareness of the galaxy, cosmic karma, and planetary evolution. They have expanded awareness of other extrasolar species of higher life forms that exist in such beautiful places as the Pleiades, Antares, Sirius, Alano, and other highly advanced planets near the Central Sun.

Many planets have been discovered, but I want to point out what I call moon-planets. They are moons that are about as large as or larger than Earth and have the perfect biological conditions necessary for higher life forms.

We could look back and say that the Cro-Magnon of the *Homo sapiens* tree had advantages over Neanderthal and therefore survived. Physical strength was probably not the deciding factor. In many cases, Neanderthals were physically stronger than *Homo sapiens*. It was the ability to reason, plan, and visualize that allowed *Homo sapiens* to survive while the Neanderthal went extinct. Situations such as ice ages and other environmental challenges might have required greater logic and planning, including food harvesting.

Neanderthals had some very strong traits: They buried their dead, made art, and even had speech. But the situation on the planet became difficult and required more involved functioning, and Neanderthals did not have that.

There was also competition for food, and there is evidence that *Homo sapiens* fought with and killed Neanderthals. In many cases, *Homo sapiens* killed Neanderthals to control the limited food supply.

See the Entire Picture

I call the next necessary stage of human evolution expanded consciousness, fifth-dimensional consciousness, or higher consciousness. For modern humans to resolve the current planetary crisis, expanded consciousness is necessary, and starseeds like you can carry this consciousness.

The term “expanded consciousness” requires further explanation. Expanded consciousness requires overcoming self-interest, or (as your psychologists call it) narcissistic thinking. It requires understanding that everyone and everything on this planet is linked. What happens on one part of the planet affects another. It is becoming obvious that what happens in one place affects every place. If you drop a bomb in one area, it will affect the whole planet. If there is a war in one place, then it will affect the entire world economy.

We consider expanded consciousness as the ability to see the entire picture of a planet. But it goes even further than that. Expanded consciousness involves the big picture of the galaxy and the cosmos. Now, this may sound like a revolutionary idea, but even the ancient Taoist masters in China knew of the influences the cosmos had on this planet. They even had meditations to connect with Arcturus and other star systems. They knew there was a technique to connect with the cosmos and with higher civilizations in the galaxy.[1]

Today you starseeds recognize the importance of and the benefits in connecting with the Arcturians. You have been meditating, and you have been receiving light and energies from our temple masters. You have been receiving the healing fifth-dimensional energies that have been helping you to activate your higher consciousness and your awareness of interacting on the cosmic level with us, the Arcturians.

One of the main goals in your work with the Arcturians is to enhance your connection to fifth-dimensional expanded consciousness. We are fifth-dimensional beings, and we live on a planet that has experienced stage one in planetary development. We have successfully resolved similar conflicts to those that Earth now experiences, and we have moved our planet and our civilization to a higher fifth-dimensional level.

I know you dearly want to help move planet Earth into the fifth dimension. Doing that may seem impossible, but a small group of people working together can have higher thought forms. How will they be able to move an

entire planet into the next stage of evolutionary development? The answer is this: with a lot of help from the ascended masters! The group can connect with higher light and energy to receive new technologies from the fifth-dimensional ascended masters. The group of starseeds can receive information about how to accelerate the development of higher thought forms and evolutionary energies that will shift *Homo sapiens* into this next level of development.

Let us take a moment to align your thoughts and your crown chakra with the Arcturian light. I, Juliano, am placing a corridor of light around the room you are in, and I am filling the room with blue and golden fifth-dimensional light. [Tones] "Oooohhhh, oooohhhh." Take a deep breath, and open the doors of your consciousness to the higher fifth-dimensional level. Give yourself permission to open your consciousness to the Arcturian light, the Arcturian frequency of higher evolution, expanded consciousness, and healing fifth-dimensional light. [Tones] "Oooohhhh, oooohhhh." Think and feel the famous words said by the Hebrew masters: [Chants] "Kadosh, Kadosh, Kadosh, Adonai Tzevaoth. Kadosh, Kadosh, Kadosh, Adonai Tzevaoth."

There is a place in your brain that is referred to as the reticular activating system, and in that system, there is a perceptual valve that can be opened. This valve is also related to the assemblage point used in many native/shamanistic higher spiritual practices. Through shamanistic ceremonies and exercises, this assemblage point can be opened for expanded consciousness.

Meditations and other spiritual practices offer the perfect conditions to activate and open your valve of perception. When you open it, you see objects more clearly and colors more brightly. You see auras, the etheric strands of light and streams of light that are connected to everyone and everything.

When your perceptual valve is open, you see the spiritual masters and teachers around each person. Your telepathic abilities expand, and your reasoning and ability to put together thought forms and new ideas also expand. You begin to understand the relationships between different forms, geometric patterns, and cosmic energies.

You also begin to understand the development of higher consciousness and evolution on planet Earth. You become open to cosmic energy and influence. There is a cosmic influence on Earth. I assure you that what you

are seeing and experiencing is not solely created from Earth karma.

Old Beliefs Systems Are Crashing

Astrologers have defined the symbolic representation of planets in a way that describes the cosmic influences on Earth. Earth has been under the influence of Uranus and Neptune for quite some time. Planetary transits indicate that there is an acceleration of unresolved energies that result in conflict and polarization and require immediate resolution.

Does this sound similar to what is happening on Earth? There are long-standing conflicts and differences that require resolution. A famous saying in American politics is to "kick the can down the road." This means you avoid solving a problem and let your children solve it in the future. But it is no longer possible to kick the can down the road. Third-dimensional planetary problems must be resolved, and this can be done with higher thought forms.

During a planetary crisis, people can be more open to strange ideas and different perspectives. The old ways do not work anymore, and a new perspective is needed. One new perspective can be described as a planet that is operating on a whole new paradigm. The existing rules and regulations of old planet Earth are not working for everyone. The old rules work for some wealthy and powerful people, and those people do not want to give up their power. They do not want to participate in the new paradigm because they will lose power and control. This conflict is what the energies of Uranus and Neptune represent — that is, the old ways are not sufficient anymore, and a new paradigm must be developed.

Oil and carbon are energy sources for civilization now, but you know that better and more efficient energy sources are available. You know that advanced technologies can fuel automobiles and provide heat and other forms of energy. But those in power do not want to use that technology. You are reaching a stage when the old technology will fail. The old paradigm is based on principles of capitalistic self-gain.

Part of the belief system of this paradigm was manifest destiny. Manifest destiny implies that those with the technological and capitalistic power are destined to rule the planet. Some of the philosophers and religious leaders would have you believe that it is okay for the European powers to conquer and destroy everyone not in alignment with their theories of domination and control. People held manifest destiny in the deepest and most religious way.

That system is dangerous. It led to genocides, and you are again seeing that, along with the destruction of Earth's biosphere. People who hold to the belief system of manifest destiny think they have the right to the oceans, the forests, and the atmosphere, and they can do whatever they want for personal gain. Thus, they believe that they have the right to all natural resources on Earth and can use them in any way they want, regardless of the pollution or contamination produced.

That belief system will crash. You are in the middle of the crash now! This conflict and polarization create a cosmic drama that has been repeated on many different planets throughout the galaxy. This conflict requires a new solution that will open the pathway to a New Earth that each of you wants to be a part of.

You want to live on a New Earth based on a new paradigm, a new belief system, and part of that will come from spiritual wisdom. This is a conflict of spirituality versus materialistic technologies. The technologies on planet Earth have developed faster than the advancement of spiritual wisdom.

New Earth Is Waiting

There are better ways of being that can integrate the new technology with spiritual wisdom. There are higher planetary civilizations throughout this galaxy that have made this integration. Arcturus has one of these higher civilizations.

You have heard about the interbreeding of different species. Other "alien" species have interacted and interbred with Earth beings, *Homo sapiens*. But now Earth is preparing for a higher spiritual interbreeding. This higher level of interbreeding has been called the first contact. Higher civilizations are coming to this planet to interbreed mentally and spiritually with humankind. This can result in an expanded starseed population. I assure you that a New Earth is waiting to appear. Earth will resolve stage one of planetary development and go into expanded consciousness.

Again, I send down the Arcturian light to this room. [Tones] "Oooohhhh, oooohhhh." You, as starseeds, participate in the foundation of this major evolutionary change to the New Earth. You are laying the groundwork for an evolutionary shift.

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Two thousand years ago at the time of Jesus, many spiritual people thought it was the end of the world. In fact, some religious groups even referred to that period as the end times. There were frightening predictions of forty years of war ending in the destruction of world order. It was believed that these destructive wars would make way for a new world based on the teachings of Jesus. But that did not happen. The people at that time did not understand the true nature of Earth and how many continents were on the planet. They also did not understand the true nature of the cosmos and the influence of other planets and galaxies on Earth.

At that time (during the Roman Empire), the military armies did not have the technology to destroy the planet and end civilization. But this era has the potential to become the end times. The technology to destroy the planet exists. Global military activities such as nuclear weapons development, if left unchecked, could result in the destruction of the biosphere. It may be more accurate to say Earth is close to an end-time event.

This is frightening. But this is also a great opportunity to fulfill the mission you long wanted to participate in — repairing this planet and bringing fifth-dimensional light and thought forms to this planet so that the healing and the preparation for the New Earth can proceed.

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1. Wong Kiew Kit, *The Art of Chi Kung: Making the Most of Your Vital Energy* (Rockport, Maine: Element Books Inc., 1993), p. 126.

Appendix A

The Ring of Ascension Meditation

Juliano and the Arcturians

Today, we visit the ring of ascension in our meditation. The ring of ascension is a fifth-dimensional halo with special properties that allow fifth-dimensional masters to directly interact with third-dimensional starseeds. When you interact directly with us in the ring of ascension, you can receive higher energies and frequencies, and you will have greater abilities to manifest this energy on Earth.

Close your eyes, take three deep breaths, and visualize Earth, also known as the Blue Jewel. It is especially helpful to envision Earth as in the famous picture taken from the Moon, showing the beauty of its oceans, clouds, and aura. A golden halo appears in this beautiful picture, and that is the ring of ascension. Perhaps you have seen pictures of Saturn's rings. Now you can see the fifth-dimensional interactive ring of ascension.

We now begin the exercise of bilocation: Send a complete representation of your etheric body, also known as your etheric double, anywhere you wish. Feel your spirit body, your astral body, rise from your physical body and leave through your crown chakra, going directly to the top of the room you are in. You will experience exhilaration, happiness, and freedom.

Say these words to yourself: "I thought-project my etheric body to the ring of ascension. I thought-project my etheric body to the ring of ascension." You are now in the ring of ascension. We go into silence as we meditate and merge the energies of the ring of ascension into and with your etheric body.

[Pauses.]

In this meditation, you interact with fifth-dimensional ascended masters, which is not possible in the third dimension. Choose the master you feel closest to, such as Sananda, Tomar, Helio-ah, Quan Yin, or me. Allow that master to merge energetically with your etheric body. [Pauses.] These interactions are not describable; do not try to use any words.

We are comfortably in the energy of the ring of ascension, the halo around Earth. Now we look up toward the North Pole, and we see the Iskalia mirror, an etheric mirror that has the properties of a very large telescope. Remember, the telescopes are very sophisticated and can reveal stars and planets that are many, many galaxies and billions of light-years away.

This Iskalia mirror can gather spiritual light and download it into Earth. The Iskalia mirror is directed toward the Central Sun of the Milky Way galaxy. The Central Sun is, energetically, the spiritual center of all higher life energy forces in this galaxy. As a group, we bilocate in a circle around the Iskalia mirror. Energetically and with the highest quantum alignment, the Iskalia mirror is in exact alignment to receive the quantum light from the Central Sun. You and I bathe in this energetic healing, dynamic, stimulating light. We will go into silence now. [Pauses.]

[Chants] "Iskalia light. Iskalia light." Yes, the Iskalia light is a fifth-dimensional light, and we now direct it to the spirit of Earth, known as Gaia. We are the tools for this alignment, for this download. What does this energy do? It allows Earth to receive harmonious and energetic light that will radiate from the spirit of Earth to all conscious beings, beginning a new interaction between humanity and Earth.

With this higher consciousness, the starseeds can place intentions. Let the Iskalia light align with the power of Gaia and send a harmonious, golden light wherever it's needed. [Tones] "Oooohhhh."

Now each of you has a particular point of awareness about Earth. Use this time to direct your thoughts through our group energy to the place (or places) you feel needs this light. We will go into silence.

Our time together around the Iskalia mirror is complete. Bilocate back to the ring of ascension. Your etheric body is receiving and integrating all this beautiful light and energy.

Calibrate energetically to prepare to reenter your third-dimensional body back in your room. At the count of three, return through thought projection to the top of the room where you left — one, two, three. You are now at the top

of the room above your physical body. Command your astral/spiritual/etheric body to reenter in perfect alignment. One, two, three — now! You are back in your physical body.

*Take a moment to integrate this energy. You are back 100 percent in your physical body, and you hear the sacred sounds: "*Kadosh, Kadosh, Kadosh, Adonai Tsevaoth*." Fill your spiritual vibrancy, energy, and balance.*

Appendix B

The Importance of Temple Work

Tomar

My teachings focus on the Arcturian temple experience. I will explain our perspective and philosophy about the use and importance of the Arcturian temple.

Our basic understanding is that thought forms create the reality in which we live. On Earth, thought forms are often random in nature. There are reports of groups such as the Hopi and even Tibetan monks who gather and consistently work and meditate to hold a thought form for the planet. The polarization on Earth is very strong and requires very strong thought energy to dominate and replace it.

There is a major difference in the Arcturian temple approach and in Arcturian society in general. As a culture, we believe that we create our energy field for our culture and in our civilization. The method of creating this civilization is based on our thought forms; therefore, we choose the thought forms, or the thought energy field, to create our culture and to hold its bond. How can we best accomplish this? Practice and skill are necessary to hold the thought field of our culture together. That thought field requires that temple meditators gather around a particular crystal at a specific time and place on a regular basis. We place great importance on temple meditation to hold our thought field structure together; therefore, we have trained temple meditators to perform this sacred, important duty.

We do not have a monetary system, but if I were to compare our system to yours using your symbolism, then the temple meditator is a paid position. Certain requirements and skills are necessary in a temple meditator, and in

some cases, temple meditators are trained from a very young age. Beyond meditating, the temple meditator must be able to send out thought forms and thought energy fields. Think of it as transmitting a web of energy. We also use amplification techniques that increase the power of the thought energy. We measure thought energy using the term “arcan,” which is a designation of the wattage of the thought. A weak thought might be ten arcans, and a strong thought might be fifty arcans.

We use special crystals in the temple meditation chamber to increase the arcans of our thoughts. There are some comparisons on Earth to this method of increasing the power. On Earth, you have sacred temples, sacred geographical locations, that have sacred energy, and I believe it is well known that people must be careful about what they think in these places. On the other hand, you can go to such places to magnify and accelerate thoughts that you want to manifest. It is necessary to purify thoughts to be magnified and accelerated, and this is why I refer to the skill and training of our temple meditators. It is a major responsibility to hold a thought form or thought construct for an entire civilization and planet. We want to make sure that those who do that work do so with the highest integrity, the clearest minds, and the highest skill.

I will try to put this in simple terms that apply to Earth: If you want to manifest an affirmation, then look at the wording you use. There are certain rules for affirmations. For example, you do not want to include negatives. You would not use the word “not” or any other negative form. This is a very simple example of creating the right meditation format.

Thought-Field Meditation on the Go

Related to the idea of the temple are the uses of thought constructs and temple work in our starships. Our temple meditators work full time. I said that they are “paid employees,” and they put in long hours (using your terminology), meaning that they might have eight-hour shifts in which they go to the temple and do the necessary meditation. We also discovered that this thought-field work must be done on our spaceships when we travel throughout the galaxy. We still have to keep the thought forms together for our civilization; therefore, we have designated certain areas of our starship as temple areas. When we travel in our starships, skilled temple meditators work there just as they do on our planet. This activity is so important that we bring

special temple meditators with us to hold the energy in the starship. We also connect the temple area in our starship with the temple meditation area on the planet.

These practices have importance and relevance for Earth. There have been discussions of creating an Arcturian temple on Earth. At one point, we even transmitted, through the channel, an architectural diagram of the optimal shape of an Arcturian temple for such meditation. We transmitted the diagram based on our knowledge and information on sacred designs and structures on Earth and the structure and shape that would provide the maximum arcan energy field to allow the temple meditators to provide the best and highest energy field for your planet. The shapes we described are based on two known objects. One is the hogan, an eight-sided structure that the Navajo use as dwellings and for ceremonies. The second symbolic structure we recommended was the tepee, another Native American ceremonial structure and dwelling that incorporates poles and buffalo hides. In essence, the Arcturian temple we recommended is the height and structure of the tepee on top of a hogan. Of course, there are some modifications based on the dynamics of structural integrity and how such a diagram can be manifested in reality.

I am aware of the history of sacred temples on your planet, and I am aware that this is a freewill planet that has allowed the proliferation of many languages and spiritual and religious ways. I have been asked why this planet would need another structure when there are so many other sacred structures. It is true that there are many different spiritual buildings, churches, synagogues, Hindu temples, mosques, Taoist temples, and so on. This structure is based on nondenominational and galactic energies that have been proven and used by the Arcturians. The decision to work within this temple structure is based on the free will of the Arcturian starseeds and the idea that these temple meditations can be done without the actual designation of an Arcturian temple.

Help Heal Planet Eearth

What places have the highest arcan energy where these meditations can be done?

We have designated twelve areas on the planet based on what we call the

twelve etheric crystals that we have downloaded. People can go to these places. Lago Puelo in Patagonia, Argentina, is among them. There are other places, as well. Right now we are very focused on Stonehenge in England because we consider it an interdimensional corridor. It can attract the intersection of dimensions, and those who are working there will experience that. There are places in India. Three places that are most open in the United States are Mount Shasta in California and Bell Rock and the Grand Canyon in Arizona. There are other portals throughout the Southwest, but these are the three main ones that we are working with. It is our belief that we can work with the starseeds to create and accelerate sacred places.

How can we help to establish these spiritual healing centers that would aid in raising the spiritual vibration of Earth's energy field?

This goes into the very powerful question of how to take a fifth-dimensional concept and manifest it on Earth. It is a question that you and all the ascended masters you work with are challenged by. First, you would be overjoyed to help in such a project. The importance is that the project is nondenominational, which means it has no religious affiliation.

The second thing is that the spiritual motivation is wonderful that you — as a starseed, as a person who is highly evolved — want to implement a new structure to hold the thought-field energy on this planet. We will provide the spiritual support as well as an outline to train people how to do this. We will provide the spiritual lessons in the dynamics of holding thought fields together.

Many of our lectures have focused on thought-field energy and its relationship to creating a structured civilization. Still, many people struggle to understand that it is the core structure of our Arcturian system. The Arcturians would highly respect your desire to do such an ambitious project, and we would be as supportive as possible. We have an idea of what we can offer, and you have the vision, within your incarnational mission, to do such a project. We, to put it mildly, would be overjoyed by this.

Several people in the Arcturian group system have tried this. For example, a gentleman in Brazil named Guillermo actually built this structure to the best of his ability so that he could gather with starseeds to do this type of work. He met with moderate success, but there were several problems in his efforts. He chose to build it near an etheric crystal, but the location is so isolated that it requires great effort to reach it. It may take two hours from Rio de Janeiro

to get to the place, and since nobody living there or nearby is an Arcturian starseed, the upkeep, or the energy work to hold the energy, cannot be done. And its existence is not well known. But he built the structure fairly close to what our designation was. What can be learned? It is important that the temple is somewhere accessible and that there are people nearby who can tend to the energy. These are just a few lessons.

Something else that also needs to be considered is how such a structure might fit with the design and acceptance of an area's standard building codes. You are probably very sensitive and know that buildings that are not within a certain structure may be considered problematic in terms of building codes. This is why I emphasize the importance of complying with building codes and structures that fit in. Even though we have a state of optimum design, the energy and intent of the people working together, the proper usage of the energy of the crystals and amplification of that energy, and the training necessary for the temple meditators are more important.

The people are more powerful than the building. The building accelerates and amplifies the energy, but the people must be properly trained. For example, there is a famous center in France, called Lourdes, where people go for healing. Some people go there and feel nothing. Some people have great healing experiences. Success is in the preparation, the openness of the belief systems, and the proper thinking. Even if you go to the greatest healing center on the planet, you still have to be spiritually prepared and open to the energy. People are the most important factor. If you are open, then going to Lourdes will raise your vibration very high.

What thought forms do people need to hold?

There are certain principles that we have been teaching. Unity versus diversity is one thought form. You see that there is a universal acceptance of the differences in people. It does not mean that if you are different, you cannot be part of the unity. The second thought form is based on the Sacred Triangle, which includes the acceptance of the three aspects we have lectured on for many years. I will not go into those now because I think you are familiar with them. Then we talk about the principles of the just society, divine mercy, and divine judgment.

Many of the concepts are contained in the Arcturian Planetary Tree of Life. It is also a very complex but important structure that not only holds ideas galactically, such as divine justice and divine mercy and a just society

and sacred places, but there is also path work — lines that provide thought forms and thought structures. The thought structure and forms would comply with the Sacred Triangle, the Arcturian Planetary Tree of Life, and other high thought forms that we call high-spiritual-vibrational thought forms, such as unity through diversity.

You can create new thought forms that are in alignment with the higher light and the higher energy. Earth has sometimes been called an experiment. There are more religions and more languages on this planet than any other, and there are many interventions and downloads even from low extraterrestrials on this planet. Putting all this together is why I said unity through diversity is an important thought form.

Glossary

Adam species — A term used by the Arcturians to describe *Homo sapiens*, or Earth humans. Man (Adam) is formed from the earth.

Adam Kadmon — The Hebrew term for primordial, or first. It is the prototype for the first being to emerge after the beginning of creation.

Adonai — A word for God in the Hebrew Bible that means "My Lord." It is also the galactic word for God.

Adonai Tzevaoth — Hebrew for "lord of hosts." See *Kadosh, Kadosh, Kadosh*.

altered states of consciousness — A term in modern psychology used to describe different states of consciousness. This includes the dream state, trances, meditation, and heightened perceptions of reality. The latter state is usually described as being able to see ultimate truth and experience the present more fully. In the 1960s, the term was also used to describe drug-induced changes in consciousness.

Andromeda — A large spiral galaxy 2.2 million light-years from the Milky Way. The Andromeda galaxy is the largest member of our galactic cluster. It is commonly referred to as our sister galaxy.

Andromedans — An advanced, higher-dimensional race of beings from the Andromeda galaxy. A specific group of Andromedans is currently working with the Arcturians in their effort to facilitate Earth's ascension process.

arcan — An Arcturian term used to describe the energetic power of thought forms. It is compared to watts. The higher the wattage in a light bulb, the brighter the light. Likewise, the higher the arcan power of a thought, the greater effect it can have on this reality.

archangel — The highest rank of angels in the angelic hierarchy. The Kabbalah cites ten archangels. They are considered messengers bearing divine decrees.

Arcturians — An advanced race of beings living in the fifth dimension in the area of the star Arcturus.

Arcturian Planetary Tree of Life — The updated version of the Kabbalistic Tree of Life. The Arcturians have modified the ten-sphere Kabbalistic Tree of Life, expanding it to twelve spheres and assigning updated spirit guides (Sananda, Chief White Eagle, Quan Yin, etc.) to each sphere instead of using biblical matriarchs and patriarchs (e.g., Jacob, Moses, Aaron, King David, and so on). The Arcturians have described in more detail how the Arcturian Planetary Tree of Life can be interpreted and used for planetary healing. Therefore, twelve geographical locations around the planet have been assigned to hold the specific energy of the spheres.

Arcturus — The brightest star in the constellation Boötes, also known as the Herdsman. This is one of the oldest recorded constellations. Arcturus is the fourth brightest star seen from Earth. It is about twenty-five times the diameter of the Sun and a hundred times as luminous. It is a relatively close neighbor, approximately forty light-years from Earth. High up in the sky in the late spring and early summer, Arcturus is the first star you see after sunset. You can find Arcturus easily if you follow the Big Dipper's handle away from the bowl.

ascension — A point of transformation reached through the integration of the physical, emotional, mental, and spiritual selves. Unifying the bodies allows you to transcend the limits of the third dimension and move into a higher realm. It has been compared to the rapture in Christian theology. It has also been defined as a spiritual acceleration of consciousness that allows the soul to return to the higher realms, freeing it from the cycle of karma and rebirth.

ascended masters — Teachers who have graduated from Earth or are on higher dimensions. An ascended master can be from any Earth religion, including the Native American traditions. Ascended masters can include

archangels, higher beings from the galactic world, teachers, and prophets. They often come back to Earth to teach us from the higher realms.

Ashtar — The commander of a group of spiritual beings who are dedicated to helping Earth ascend. The beings that Ashtar oversees exist primarily in the fifth dimension and come from many different extraterrestrial civilizations.

aura attachments — Connections that occur when people or entities etherically attach to your energy field to take your energy.

Baruch Hu — The Hebrew transliteration for "blessed are you," referring to the Creator.

biorelativity — Encompasses the use of mental telepathy and thought processes to interact with Earth and the spirit of Earth. Downloading energy through corridors can be viewed as an acceleration of biorelativity. When you connect in a group consciousness in a biorelativity exercise, you created a powerful interactive force.
We can use biorelativity techniques to send healing energy to our planet. The practice is similar to group prayers in which people send positive thoughts to change the outcome of an illness. In biorelativity exercises, groups of starseeds around the planet send healing thoughts to specific areas in the world. Storms, hurricanes, and even earthquakes can be averted, deterred, or reduced so that minimal damage is inflicted. The Arcturians point out that on higher planetary systems, groups constantly interact telepathically with their planet to ensure maximum harmony between inhabitants and planetary forces.

bilocate — The ability to be in two places at the same time. One can be physically in a body and mentally or spiritually in another dimension simultaneously.

biosphere — A term used to describe Earth's entire environment, including the oceans, atmosphere, and other necessary ingredients that keep and support all life.

B'nai Elohim — The children of light. Hebrew for "sons," or "brotherhood

of the Elohim." A term used to describe advanced ascended beings who may go on to other planetary systems in the galaxy to become prophets and spiritual guides for these planets.

calibration, spiritual — Refers to the alignment of energies from the higher sources. Spiritual energies need to be calibrated or modified so that lower energies on Earth can accept and process that higher energy. The inability to calibrate or receive light that is high can result in confusion and even disorientation. In some cases, people could even be overcome and perhaps faint. It is important, then, to look at how your ability to receive energy is doing, and it is important for the masters to calibrate the energy that comes down so that you can process and use it.

Central Sun — The center of a galactic system. All star clusters, nebulae, and galaxies contain a nucleus at their center. The Central Sun of the Milky Way is multidimensional and provides life-giving spiritual energy to the entire galaxy. The center of our galaxy is often referred to in spiritual circles as the Central Sun.

chakras — Energy centers of the human body. These centers provide the integration and transfer of energy between the spiritual, mental, emotional, and biological systems of the human body.

channeling — The process of entering a meditative trance to call forth other entities to speak through you.

Chief White Eagle — An Ascended fifth-dimensional Native American guide who is very connected to Jesus and other higher fifth-dimensional beings.

Chi-Lel — A Chi Gong healing energy work based on a multicosmic thought field. The practitioner of Chi-Lel does Taoist postures while connecting with cosmic group energy to create and maintain a healing group thought field.

codes of ascension — There are certain words in the sacred texts that can be said as mantras to open up the parts of our minds to accelerate and activate our ascension energies. One such sacred phrase is "holy, holy,

holy is the lord of hosts" (*Kadosh, Kadosh, Kadosh, Adonai Tzevaoth*).

corridor — A pathway or etheric tunnel on Earth that leads to a higher dimension. Corridors can be found in high-energy places, such as sacred sites on Earth. The Arcturians believe that we can establish corridors within our meditation areas.

cosmic egg — The optimal shape of your aura for health benefits. When the aura is in the shape of an egg, you can express maximum energetic possibilities. The egg is a universal shape of wholeness.

cosmic karma — The idea that karma is played out not only with reincarnation on Earth but on other planets in the galaxy or even on other parts of the universe (cosmos).

crystal temple/crystal lake — An etheric temple in the fifth dimension that has been made available for our use. The crystal temple contains a lake more than one mile in diameter that houses a huge crystal that is half the size of the lake itself. A huge glass dome encompasses the lake and the surrounding area, allowing visitors to view the stars.

dead zone — an area of water in which all oxygen has been depleted and no life can exist. Fertilizers and other chemicals are common culprits that contribute to dead zones.

Earth paradigm — Our current Earth paradigm is based on dualism and polarization. Even spiritual models include male and female dualities. Dualism is part of the group model, group paradigm, and planetary paradigm. When you are using the planetary paradigm of the current era, you run into many contradictions, such as thinking you are deeply separated from the cosmos even though everything is part of the same universal system. You run into the contradiction that you are a spiritual being with eternal life living on a planet as a finite being in linear time. The Arcturians have developed a new paradigm for planetary healing that, if accepted and used, would be transformative.

Eh'yeh — In Hebrew, the supreme name of God. This is the name for God given to Moses in Genesis 3:14.

Ehyeh, Asher, Ehyeh — "I Am That I Am," expanded to include "I Will Be That I Will Be," and "I Have Been What I Have Been."

El na refa na la — A special healing Kabbalistic chant and prayer. It means, "Please, God, heal her now!" Its rhythm creates a healing vibration.

Elohim — The Hebrew name that describes the Creator in Genesis 1.

etheric — A term used to designate the higher bodies in the human system. In India, "etheric" is used to describe the unseen energy and thoughts of humans.

etheric crystals — Invisible crystals containing fifth-dimensional energy that the Arcturians sent to Earth. The purpose of these etheric crystals is to provide healing energies to Earth's meridians. See "twelve etheric crystals."

fifth dimension — A higher dimension of existence that is above the first and third dimensions. We currently live on the third dimension and are bound by the laws of cause and effect and reincarnation. The fourth dimension is the astral realm and the realm of dreams. The fifth dimension transcends this and is the realm of infinite energy and love that can be compared to the Garden of Eden. The ascension focuses on going to the fifth dimension.

first contact — Refers to extraterrestrial beings contacting Earth. The Arcturians refer to first contact as happening on a global level. In ancient history, extraterrestrials contacted groups; however, the first contact we refer to would result in a major reset of Earth's functioning because it would occur globally.

galactic anthropologists — Starseeds who have been on other planetary systems in other incarnations. These starseeds have studied other galactic civilizations and planets and have participated in other societies such as in the Pleiades.

Galactic Kachina — In Native American Hopi and Navajo folklore, a kachina is an intermediary between the higher spirit world and this world.

The Galactic Kachina is the intermediary between the Central Sun and this planet. The existence of this new Kachina was announced by Juliano, and as far as the author knows, it has not yet been accepted by the Navajo or Hopi.

galactic spirituality — A spiritual philosophy or theory that accepts the existence of other higher beings throughout our galaxy and takes a galactic view in understanding our planetary evolution.

grid lines — Another name for energy lines that run through the planet. In Chinese medicine, energy lines that run through the body are called "meridians."

Group of Forty — A concept of group consciousness suggested by the Arcturians for use in the group ascension process. According to the Arcturians, forty is a spiritually powerful number. The Arcturians emphasize the value and power of joining together in groups. A Group of Forty consists of forty members located throughout the world who focus on meditating together at a given time each month. Group interactions and yearly physical meetings are recommended. Members agree to assist each other in spiritual development. The Arcturians have asked that forty Groups of Forty be organized. These groups will assist in the healing of Earth and provide a foundation for each member's ascension.

Helio-ah — A female Arcturian ascended master and Juliano's twin flame.

holes in the aura — The healthy aura is shaped as an egg and is smooth. Holes in the aura are small openings from which a person's vital energy can leak. There are several healing methods that can be used to close such holes.

hundredth monkey effect — A phenomenon based on a Japanese snow monkey study in which a new behavior or idea can spread rapidly by unexplained means from one group to all related groups once a critical number of beings exhibit the new behavior or acknowledge the new idea. In this study, scientists concluded that a small number of monkeys who had a new perception and learned new tools and techniques could dramatically and almost mystically change the behavior of all other

monkeys in their cultural group.

harmonic light — Fifth-dimensional light often appearing as gold balls of etheric energy. This light can be transmitted through the noosphere and can spread the energy of balance and harmony wherever it is directed. Starseeds can direct it around the planet through their thoughts and prayers.

Kadosh, Kadosh, Kadosh, Adonai Tzevaoth — "Holy, holy, holy is the lord of hosts." A well-known phrase from a Jewish prayer that starseeds currently use to unlock the codes of ascension.

ladders of ascension — An etheric ladder downloaded by the Arcturians in various locations around the planet. These ladders can be compared to Jacob's ladder in the Hebrew Bible, in which Jacob, while dreaming, saw angles on a ladder. This ladder was a gateway to the other dimensions. The ladder of ascension is also a gateway for your ascension. It also goes to Juliano's starship. Seven ladders of ascension have been downloaded on Earth.

lightbody — The higher etheric spirit body that is directly connected to one's soul.

meridians (Earth) — Energy channels through the earth that are similar in purpose and function to the meridians in a human body as explained in Chinese medicine. The theory is that if the meridians are blocked, illness or planetary imbalance will follow.

Metatron — Tradition associates Metatron with Enoch, who "walked with God" (Genesis 5:22) and who ascended to heaven and was changed from a human being into an angel. His name has been defined as the Angel of Presence, or the one who occupies the throne next to the Divine throne. Another interpretation is that his name is based on the Latin word *metator*, which means "guide" or "measurer." In the world of the Jewish mystic, Metatron holds the rank of the highest of angels, that of archangel. According to the Arcturians, Metatron is associated with the Arcturian stargate and assists souls in their ascension to higher worlds.

Michael — His name is actually a question: "Who is like God?" He is perhaps the best known of the archangels and is acknowledged by all three Western sacred traditions. He has been called the Prince of Light, fighting a war against the sons of darkness. In this role, he is depicted most often as winged and with an unsheathed sword, the warrior of God and slayer of the dragon. His role in the ascension is focused on helping us cut the cords of attachment to the Earth plane, which will allow us to move to higher consciousness.

multidimensional presence — We exist on several different dimensions simultaneously.

multiverse — This is a term used to describe the existence of many universes.

neutralization — The process whereby you can stop negative energy from attacking your energy field or aura. Those who are doing negative actions toward you usually want to take energy away and create an energy deficit. Neutralization means that their actions can no longer take away energy from you or the planet.

noorelativity — The ability to interact with and change in a positive direction the noosphere. It is based on principles similar to biorelativity. The difference is that in noorelativity, you use your powers of thought energy to create and enhance the evolution of both planet Earth and humanity. Thought fields exist and influence the noosphere. Thought forms downloaded into the noosphere create and shape this reality.

noosphere (planetary) — The thought energy field contained in Earth's aura. It can be compared to the planetary subconscious, but it is more than that. The noosphere contains the accumulated collective thought energy of all beings on Earth, past and present. The noosphere is composed of an energy field of subatomic thought particles, or thought waves. These subatomic thought particles exist around planetary bodies in the universe, and they allow the thought energy around a planet to be stored and transmitted instantaneously across the universe at speeds faster than the speed of light (186,000 miles per second). The noosphere affects the overall planetary energy field.

null zone — A zone outside the third dimension and not necessarily in any other dimension. It is an area outside our space-time universe structure, and it's where time is nonexistent. Some have speculated that the photon belt contains null zone regions and that Earth was temporarily in this null zone until the year 2011.

omega light — This is a fifth-dimensional light that has high healing properties. The light can help transcend the world of cause and effect and can help produce miraculous healings. You can increase the effects of this healing light by saying, "Omega light."

omega man or woman — The beautiful image of the omega man represents the perfected evolutionary point of humanity.

Or HaKadosh Baruch Hu — Hebrew phrase for "Holy light, blessed is he."

Orion — A superb constellation that dominates the southern winter sky. The most striking part of the constellation is the belt, which consists of three bright stars. No other constellation contains so many bright stars. Rigel, which is outside the belt, for example, is a giant star more than 500 light-years away. Betelgeuse, another star outside the belt in Orion, is about 300 light-years away.

Orions — An extraterrestrial culture that descended from another ancient civilization near the constellation Orion.

parasitic attachment — Refers to the physical method with which a parasite (a being wanting energy) sends out attachment structures, or hooks, to its host in order to suck energy from the aura.

path work in the Arcturian Tree of Life — There are twelve spheres on the Arcturian Planetary Tree of Life and more than twenty-two lines, or paths, that connect these spheres. The paths help us connect energetically to the spheres, which are often separated into pairs of opposites. The path work then provides the lessons needed to integrate the opposite spheres.

photon belt/energy — An energy emanating from the center of the galaxy that is about to intersect with our solar system and Earth. Some have

predicted that the photon belt contains energy particles that could affect Earth's magnetic field, causing all electronic equipment to stop working.

planetary cities of light — Cities of light designated by the Group of Forty project codirector David K. Miller. To obtain this designation, four Group of Forty members must work or live in a city and agree to meditate and work with the energy of the city to help make it more fifth dimensional. A special activation ceremony that includes placing crystals around the city is performed along with a special global meditation ceremony. There are currently forty-five planetary cities of light now activated around the world.

planetary ocean reserves of light — Similar to the planetary cities of light but based on special ocean reserves. The idea is to preserve ocean areas as if they are national parks. The Group of Forty has helped to develop almost ten ocean reserves of light around the globe.

Pleiades — A small cluster of stars known as the Seven Sisters in some mythologies. Some Native Americans believe they are descended from the Pleiades. The system is near the constellation Taurus, about 450 light-years from Earth, and it is the home of the Pleiadians, who have frequently interacted with Earth and her cultures. It is said that the Pleiadians have a common ancestry with us.

portal — An opening at the end of a corridor that allows you to go into an interdimensional space.

pulsing — Describes the speed or vibration of the aura.

pung — A term that originated in the Chinese Tai Chi martial arts world. It describes the elasticity, resiliency, and reflected bounce of someone's energy field. When someone has good pung, then negative energy easily bounces off his or her aura, protecting his or her energy field.

quantum healing — Involves transcending the laws of cause and effect and the normal logical thought processes on Earth. It can include shamanistic healing, sound or vibrational healing, and any technique that uses fifth-dimensional energy.

Quan Yin — A female ascended master of the spiritual hierarchy. In her previous incarnation, she performed many acts of kindness and compassion, and she is known as the Goddess of Mercy.

reset concept — A reset of Earth involves temporarily shutting off the old paradigms so that a new wave of energy and paradigms could be used to move Earth in a new direction. See “first contact.”

ritual purification — The Arcturian process for purification now involves detaching from third-dimensional energies, concerns, and Earth attachments in general. Purification is a process in which binding energy is removed from earthly concerns. Some of these concerns are part of everyday life, worries that everyone has. Becoming purified for the ascension means you would not be focused on or have the energy for the mundane or the daily business on Earth. You would not have any energies or attachments to negative interactions with other people. The technique for ritual purification involves doing the shimmering exercise.

Sacred Triangle — A term used by the Arcturians to denote the unification of three powerful spiritual forces on Earth: the White Brotherhood-Sisterhood ascended masters, including Sananda/Jesus; the extraterrestrial higher-dimensional masters, such as the Arcturians and the Pleiadians; and the Native American ascended masters, such as Chiefs White Eagle and Buffalo Heart. The unification of these spiritual forces will create the Sacred Triangle that will aid in the healing and ascension of Earth.

Sananda — the galactic name of Master Jesus, an evolved being who is known and does work throughout the galaxy.

sixth mass extinction — Recently, more than 15,000 scientists from 184 countries concluded that Earth is experiencing its sixth mass-extinction event. The asteroid that hit Earth 66 million years ago was one, killing off the dinosaurs and many other plant and animal species. The current mass extinction is mainly the result of human activities, such as meat consumption, overfishing, ocean acidification, and human overpopulation.

shimmering — A methodology taught by the Arcturians in which third-

dimensional starseeds are upgraded into a fifth-dimensional modality. On a personal level, shimmering allows your auric field to vibrate at a frequency that enables the aura to shift the electrons. The atomic structure of your cells transmutes into a vibratory energy field that shifts the cellular structures into the fifth dimension, causing a back-and-forth, or "shimmering," modality. This modality actually affects the atomic and quantum levels of your cellular structures. It is also possible to do a shimmering exercise for Earth, which will help in its ascension. Shimmering is the precursor to the ascension.

stargate — A multidimensional portal into higher realms. The Arcturian stargate is very close to the Arcturus star system, and it is overseen by the Arcturians. This powerful passage point requires that earthlings who wish to pass through it complete all lessons and Earth incarnations associated with the third-dimensional experience. It serves as a gateway to the fifth dimension. New soul assignments are given there, and souls can then be sent to many different higher realms throughout the galaxy and the universe. Archangel Metatron and many other higher beings are present at the stargate. Many people use the term "stargate" to refer to openings on Earth to higher dimensions, but they are describing corridors. The stargate is a magnificent, temple-like, etheric structure that can process and transform many souls.

starseeds — People who have or are born with the awareness of galactic consciousness. Starseeds may also have memories of past lifetimes on and feel connected to civilizations from other planets, such as the Pleiades or Arcturus. Some starseeds have come to Earth at this time to assist her in this evolutionary transformation.

stages of planetary development — The Arcturians report that there are five stages of planetary development. Earth is at the end of stage one, a crisis of survival versus self-destruction. Stage one also exhibits conflict between spiritual wisdom and technology. The other stages of development involve the planet's adoption of spiritual values that allow it to overcome the crisis of stage one.

Teilhard de Chardin — A twentieth-century French philosopher who wrote that people are evolving toward a higher point in species development. He

referred to this higher stage of evolution as moving toward the omega point.

thought constructs and thought fields — Similar thoughts join to create a thought field or an energy field. Thought constructs are composed of multiple thoughts that form a series of mental energy that helps to create realities on Earth

thought projection — A technique described by the Arcturians involving projecting thoughts through a corridor to reach the fifth dimension and beyond.

Tikkun — In the Kabbalah, the Hebrew word for "repair of the world." The Arcturians have expanded this concept to include planetary healing, or repairing Mother Earth. In Hebrew, this term also means "restoration," or "the divine restoration of the cosmos."

Tomar — An Arcturian ascended master whose specialty is using and describing the Arcturian temple energy.

tones and sacred sounds — Sounds producing a vibratory resonance that helps activate and align the chakras.

t**ools of ascension** — Spiritual tools offered by the Arcturians and other spiritual masters to assist starseeds in learning the techniques to accelerate ascension work. Some of the spiritual tools include receiving past-life therapy, shimmering, and releasing attachments to third-dimensional reality.

Tree of Life — The Tree of Life was first downloaded by the ancient Kabbalistic rabbis and contains a galactic blueprint for the creation of this reality. It includes ten energy codes placed in spheres in the shape of a tree. The Tree of Life is always multidimensional and holographic. The Tree of Life has pathways for manifestation found in its twenty-two lines. The Tree of Life connects to the energies of the cosmos.

twelve etheric crystals — Part of the Arcturian Planetary Tree of Life. They represent the twelve spheres in the tree of life and have been downloaded

by the Arcturians with the help of Group of Forty members in Lago Puelo, Argentina; Volcan Poás, Costa Rica; Copper Canyon, Mexico; Mount Shasta, California; Mount Fuji, Japan; Bodensee, Central Europe; Istanbul, Turkey; Lake Taupo, New Zealand; Grose Valley, Australia; Lake Moraine, Alberta, Canada; Serra da Bocaina, Brazil; and Montserrat, Spain.

unity thinking — The ability to create a thought form that unites the higher dimensions with the lower dimensions. Unity of thoughts repairs or heals the third-dimensional reality.

vibrational speed of the aura — Describes the pulsing speed of the aura. The faster it pulses, the higher the consciousness you can experience.

Vywamus — An ascended master who is considered an expert on soul psychology.

walk-ins — Humans who have received other spiritual entities in their bodies. The term is also used to refer to a new spirit that has entered the body. In some cases, the original spirit of the person may have left (for example, after an auto accident or some other form of severe trauma) and a new spirit "walks in" to the old body. This is always by agreement of the person vacating the body, before incarnating, to allow the body to continue in service after a particular incarnation is complete. It also allows the walk-in spirit to skip the process of childhood and adolescence to get straight to their mission on Earth. The walk-in agrees to honor the commitments of the previous occupant's life.

White Brotherhood-Sisterhood — A spiritual hierarchy of ascended masters residing in the fifth dimension. "White" is not used here as a racial term. It refers to the white light, or higher frequency, that these masters have attained. The masters include Sananda, Kuthumi, Mother Mary, Quan Yin, Sanat Kumara, Archangel Michael, Saint Germain, and many other ascended beings.

White Buffalo Calf Woman — In Lakota Native American folklore, she is the fifth-dimensional spirit being who appeared to them, bringing forth special information about holy ceremonies and accessing higher spirit.

She taught the necessity of being in harmony with Earth. Her focus is on the unity of all beings. She is representative of the dawning of a New Age.